Day 1

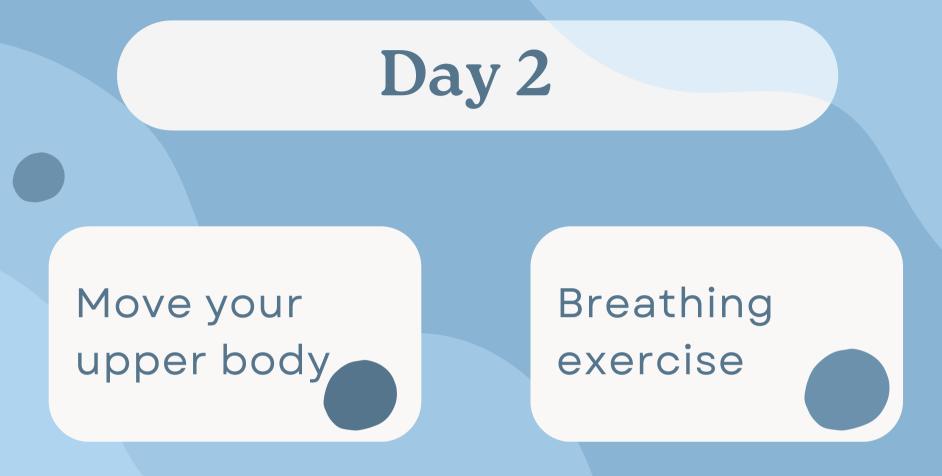
15 - 20 min of stretch

Create a list of objectives for the week

Learn a new word

Write the word here

SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE



Learn a new word

Write the word here

EITHER YOU RUN THE DAY OR THE DAY RUNS YOU



Visit a park for 30 min / 1h

Eat a veggie / fruit

Learn a new word

Write the word here

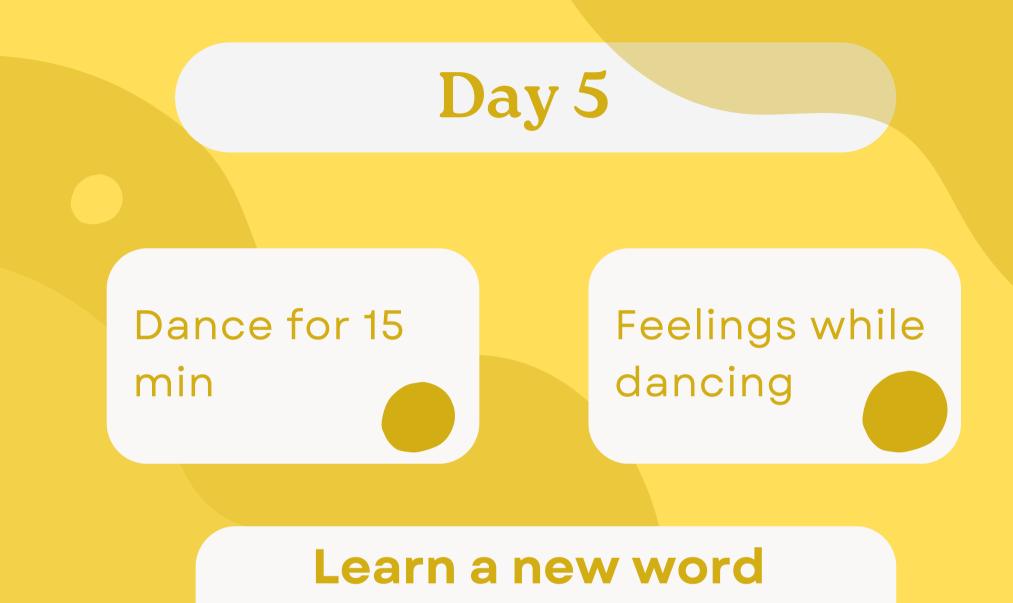
IF YOU WERE A VEGETABLE YOU WOULD BE A CUTECUMBER



Learn a new word

Write the word here

You are deserving of love and compassion especially from yourself



Write the word here

DANCE LIKE ANYONE IS WATCHING BECAUSE IF THEY ARE, YOU PROBABLY NEED TO WORK IN YOUR

MOVES

Day 6

Write a letter to a friend

Practice mindfulness

Learn a new word

Write the word here

Positive mind, positive vibe, postive life



Make a homemade meal Reflect about the objectives of the week

Learn a new word

Write the word here

Don'T STOP UNTIL YOU'RE PROUD OR AT LEAST SATISFIED