

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**

Day 2

Move your
upper body

Breathing
exercise

Learn a new word

Write the word here

EITHER YOU RUN THE DAY OR THE DAY RUNS YOU

Day 3

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

Day 4

Buy a new
notebook

Journal for
20 min

See p. 6

Learn a new word

Write the word here

**YOU ARE DESERVING OF LOVE AND COMPASSION
ESPECIALLY FROM YOURSELF**

Day 5

Dance for 15
min

Feelings while
dancing

Learn a new word

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, POSITIVE LIFE

Day 7

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**

