

Daily List of Things to Do

- Wake up with a smile
- Tell my kids I love them
- Drink plenty of water
- Smile at a stranger
- Call someone just to say HI!
- Do something to make someone's day
- Compliment someone
- Spend at least 30 minutes being active
- Complete at least one chore
- "Lose" my phone for at least 1 hour
- Floss!
- Put away at least 10 things
- Listen to music (at least 5 songs!)
- Put a quarter (or dollar) in a "rainy day" jar
- Remember that things could be worse
- Complain about one less thing

