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

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