

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Watch cute cat or dog videos

2

Get a foot massage

3

Forgive 1 person who has wronged you

4

Sun bathe 20 minutes

5

5 mins self massage

6

Jump on a trampoline

7

Look in the mirror and say "I LOVE YOU"

8

Get an acupuncture treatment

9

Have a relaxing lunch in the sun

10

Sugar Free day today

11

Have a hot Epsom salts bath

12

Social media free day

13

Drink green juice to get alkaline

14

Hug a tree and walk barefoot on grass

15

Take a cold shower or wash your face with cold water

16

Chant or sing loudly for 5 minutes

17

Hug someone for 3 mins with eyes closed

18

Walk in a forest or a garden

19

Do the 4 minute Zach Bush Workout

20

Go for a walk at dawn

21

Drink a green juice in a margarita glass

22

Go for reflexology

23

Nap after lunch for 20 minutes

24

Dry brush your body before shower

25

Do 15 mins of yoga

26

Garden for 20 mins

27

Sing your favorite 2 tunes

28

Volunteer in your community today

29

Dance with abandon for 10 mins

30

Sit in a park and feed birds

31

Do an activity with friends!

DO ONE THING EVERY DAY
THAT MAKES YOU
HAPPY!