

25 Day Positivity Challenge

1. Compliment Someone
2. Listen to upbeat music
3. Write down 10 things you are grateful for
4. Make your bed
5. Contact an old friend
6. Make and eat a healthy snack
7. Meet up with friends
8. Watch a funny movie
9. Love your job
10. Go for a long walk
11. Get lost in a good book
12. Plan a celebration
13. What would you be doing if you knew you couldn't fail?
14. Calm your worries
15. Pay attention to your negativity

DO
Amazing
THINGS!

BE
FABULOUS

16. Think before you speak
17. Perform 3 acts of kindness
18. Forgive someone
19. If money wasn't an issue, what would you change?
20. Reduce negative influences
21. Plan a trip or date
22. Meditate
23. Get 7-8 hours of sleep
24. Limit social media
25. Do things that bring you joy!

POSITIVE
VIBES