Complete this every day for 21 days

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| **Gratitudes** – record 3 new things each day that you are grateful for:  1.  2.  3. |
| **Journalling** – write about 1 positive experience of the last 24 hours: |
| **Exercise** – do something active each day: |
| **Meditation** – find some quiet time to just ’be’ each day: |
| **Random/conscious act of kindness** – do one unprompted kind thing for someone else each day: |