10 ways to improve your day

☐ 1. Wake up early. Strike a pose like a champion for 2 minutes.
☐ 2. Exercise. Even walking the dog or taking the stairs. Anything.
☐ 3. Think of 10 things to be grateful for. Make a list.
☐ 4. Do something fun. Laugh out loud.
☐ 5. Do something for someone else. Be kind.
☐ 6. Get outside in the sunshine. Lift your face and smile.
☐ 7. Do something productive and be proud of yourself.
☐ 8. Make someone happy. Compliment or thank them.
☐ 9. Learn or do something new.
☐ 10. Go to bed early. When falling asleep, count your blessings.

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