

SURPRISE YOURSELF TODAY

Instead of feeling swept along by a frenzied schedule,
stop to do one thing you didn't expect to have time to do.

CHOOSE ONE OF THESE OPTIONS IF YOU NEED INSPIRATION:

- 1 Text an old friend
- 2 Spend some time outdoors
- 3 make conversation with someone new
- 4 Sign up for a class
- 5 make something by hand
- 6 frame a favorite old photo
- 7 go for a walk
- 8 listen to a song that you love

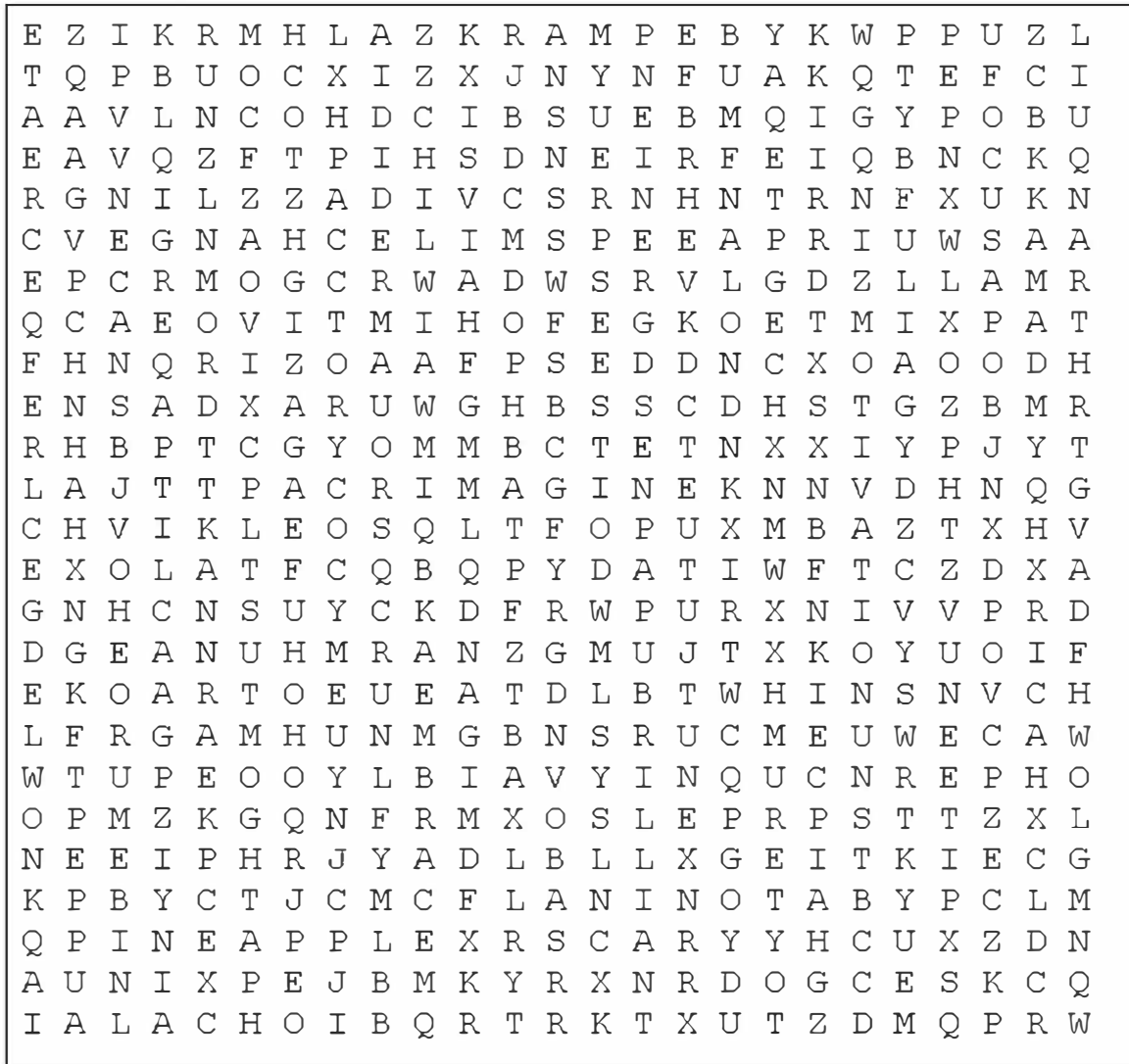
THINK OF YOUR FAVORITE SONG
HUM IT QUIETLY TO YOURSELF OR BELT IT OUT. NOTICE THE LYRICS.
WHICH WORDS SPEAK TO YOU THE MOST?
WRITE THEM HERE:



MAKE A LIST OF OTHER SONGS THAT MAKE
YOU HAPPY. WRITE THEM BELOW AND PLAY
THEM FOR YOURSELF.



Focus on the Positive



ACCEPTANCE	ACTION	AUTHENTIC	BRILLIANT	CALM
CHANGE	CONFIDENCE	CREATE	DAZZLING	DISCOVER
DIVERSITY	EMBRACE	EMPATHY	FOCUS	FRIENDSHIP
GLOW	HARMONY	IALAC	IMAGINE	KNOWLEDGE
MOTIVATION	PEACE	PINEAPPLE	SERENE	SMILE
TRANQUIL	TRANSFORM	UNIQUE	YALAC	

Positive Affirmations

A positive affirmation is something spoken aloud that you want to believe or want to be true. Repeating positive affirmations daily can help shift your internal dialogue from negative to positive. Collect as many as you can this week!

1. I am lovable and capable _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

TAKE A MINUTE TO CHOOSE YOUR OWN SPIRIT-ROUSING MANTRA.
NEED HELP? THINK OF THE WORDS YOU WISH SOMEONE WOULD
SAY TO YOU EACH AND EVERY DAY.

Consider these choices or create your own:

I've got this.

I am the sky. Everything else is weather.

I am incredible.

Perfection is overrated.

I am lovable and capable.



Write your favorite mantra on the banner above.
Consider posting it near your front door so that you can read it
before you leave every day for a daily dose of inspiration