

31 Days of Little Positive Habits

SUN

MON

TUES

WED

THURS

FRI

SAT

						1 Come up with your very own affirmations	2 Make a list of 5 goals you want to accomplish this year
3 Clean your room!	4 Spend some time writing in a diary or journaling	5 Meditate for 15 minutes	6 List and share 10 things you are grateful for	7 Spend 10 minutes using your imagination!	8 Take a walk	9 Drink more water	
10 Wake up 30 minutes earlier than usual	11 Take a nap	12 Donate to a cause you care about	13 Write and send a letter to someone you care about	14 Give five compliments today	15 Make at least three people laugh today	16 Ask five people to share the story of their favorite memory with you	
17 Read a book for 30 minutes or more	18 Spend some time learning about a new subject	19 Try a new type of exercise	20 Try learning a few phrases in a new language	21 Try eating a new food	22 Watch a movie you've never seen before	23 Visit a place you've never been to before	
24 Play a game Treat Yo Self!	25 Learn a new skill	26 Make some art!	27 Start saving up for a goal	28 Limit your phone usage today	29 Watch the sunrise and/or the sunset	30 Spend five minutes reflecting on your day before bed	