

20 day Positive Challenge

<p>Say, out loud, "Today is going to be a great day" every morning when you wake up.</p>	<p>Make a habit of saying your morning prayers right when you get out of bed, and night prayers before bed.</p>	<p>Create a vision board for your life and display it. (Cut out pictures or write down goals for your life on something you see everyday). The more you see and think about those things, the more likely they are to happen.</p>	<p>Study your Bible or other scriptures or uplifting book everyday for at least 10 minutes.</p>
<p>Talk to someone about something you're really struggling with.</p>	<p>Start your morning with a grateful walk. (While going on a short walk name all the things you're grateful for. If you have kids, name them out loud and have them join in. You can also do this in the car on the way to school/work).</p>	<p>Write 3 things you love about yourself on your mirror every day when you wake up.</p>	<p>Display an uplifting quote somewhere you see it everyday. One of my favorite quotes: "Sometimes courage is that little voice at the end of the day that says "I'll try again tomorrow".</p>
<p>Go to bed and wake up at the same time everyday.</p>	<p>Exercise. Go for a 10 minute walk, go for a jog, do a exercise video from YouTube, just move your body!</p>	<p>Smile in the mirror. Do it! It's proven that smiling makes you happier.</p>	<p>Surround yourself with only people in your life that lift you up, not tear you down. Sometimes this can be challenging but worth it in the end.</p>
<p>Do that thing today that's been on your TO DO list for months.</p>	<p>No complaining for 24 hours. (Or longer if you can, or forever).</p>	<p>Serve someone else today. Even if it's just a text or email saying how much you appreciate them.</p>	<p>Compliment 3 strangers every time you go to the grocery store. You'd be surprised how much this lifts your day. Just compliment their shirt.</p>
<p>Start that hobby you've always wanted to do.</p>	<p>Make an uplifting songs play list and play it everyday, or often.</p>	<p>Try to ponder or meditate once a week. Just 10 minutes with no distractions. Think about improving yourself or your vision board. Ideas will come.</p>	<p>Keep a journal and write down everyday at least 2 ways you saw the hand of God in your life today.</p>