

END OF THE YEAR GRATITUDE MIX UP CHALLENGE

DAILY TASK: WRITE DOWN ONE THING YOU ARE GRATEFUL FOR AND THEN CHOOSE ONE ACTIVITY FROM THE 10 ACTIVITY BOXES TO COMPLETE. YOU DECIDE WHICH ACTIVITY YOU DO EVERY DAY.
REPEAT ALL 10 A FEW TIMES OR MIX IT UP WITH YOUR FAVORITES!

I AM GRATEFUL FOR:		
1.	GO FOR A 20-MIN WALK OUTSIDE	FIND A NEW ONLINE OR VIRTUAL WORKOUT AND DO IT
2.		
3.		
4.		
5.		
6.	PICK UP THE PHONE AND CALL A FRIEND JUST TO CHAT	LAY ON THE FLOOR WITH YOUR LEGS UP THE WALL, CLOSE YOUR EYES AND BREATHE FOR 10 MINUTES
7.		
8.		
9.		
10.		
11.	GO TO THE PLAYGROUND WITH YOUR KIDS GRANDKIDS, NEPHEWS NIECES, FRIENDS... AND PLAY	TRY AN INDOOR ACTIVITY - BOWLING TOP GOLF TRAMPOLINE PARK SKATING RINK ROCK CLIMBING
12.		
13.		
14.		
15.		
16.	WATCH A FUNNY MOVIE	DO A RANDOM ACT OF KINDNESS - PAY IT FORWARD IN THE DRIVE THRU, BAKE FOR SOMEONE, BUY SOMEONE FLOWERS
17.		
18.		
19.		
20.		
21.	DO 3 ROUNDS OF THIS: 10 PUSH UPS 10 SQUATS 10 REVERSE LUNGES 10 CRAB CROSS REACHES	GET A MASSAGE OR SPEND 15 MINUTES WITH YOUR FOAM ROLLER MASSAGE BALL OR PERCUSSION GUN
22.		
23.		
24.		
25.		
26.	RE-READ YOUR LIST! END 2021 FULL OF GRATITUDE!	AIMEENICOTERA choose well, move well, be well
27.		
28.		
29.		
30.		
31.		