

25-IN-5

CHALLENGE

Go for an outdoor walk or run	Take a picture of the sunrise or sunset	Read a book or journal outside	Call an old friend just to catch up	Support a local business
Pay it forward in the drive thru	Cook a homemade meal or treat	Share a meal without picking up your phone	Create a mood-boosting playlist	Learn a TikTok dance
Watch something that will make you laugh	Break out the crayons and color	FaceTime with family or friends	Make your bed	Play a new card or board game
Listen to a positive podcast	Drink a full glass of water	Clean out your car	Create a vision board	Take a bath
Plan your day out the night before	Share your favorite quote on your social media	Declutter your email inbox	Watch an inspiring TedTalk	List 10 things you're thankful for & put it in a place you'll see often