

9 Day Make Life Sweet Challenge

Day 01

MAKE A
GRATITUDE
LIST

Day 02

GO FOR A
WALK - AT
LEAST 20
MINUTES!

Day 03

TURN OFF ALL
SOCIAL
MEDIA APPS

Day 04

REACH OUT TO
SOMEONE YOU
HAVEN'T TALKED
TO IN A WHILE

Day 05

COOK A
HEALTHY
MEAL

Day 06

DO A
CREATIVE
ACTIVITY

Day 07

BUY
SOMETHING
JUST FOR
YOU!

Day 08

HAVE A MOVIE
NIGHT

Day 09

SURPRISE
SOMEONE



life is sweet