

#positivelyinspiring15 Scamp's 15 day challenge

beginning on **World Positivity Day - 13th September 2018** - Scamp's 15 day insta challenge aims to fill your squares full of thoughtful, positive, inspiring and mood busting images and words!

Day 1 Be You

introduce yourself to us. Tell us five things (or more!) about you.

Day 2 Kind to Me

self care - what do you do to help recharge?

Day 3 Smile

it's free and infectious. What makes you smile?

Day 4 Inspiration

who or what has been a big inspiration in your life?

Day 5 Be Unique

what makes you unique? Who or what is unique in your life?

Day 6 Random Act of Kindness

write a pay it forward note to someone and tell us what it is about

Day 7 Be Bright

who is the bright star in your life or what lights you up and makes you feel good?

Day 8 Relax

'Pause' what is your favourite way to relax, unwind and chill out.

Day 9 Peace

What brings peace in your life? What does peace mean to you?

Day 10 Talking

It's good to talk! Pick up the phone today instead of texting or shut the computer down and chat

Day 11 Sharing

It's good to share with someone - share one of the Kindful Cards with someone who needs to hear this

Day 12 Brave Spirit

what have you done which was out of your comfort zone? What (or who) makes you feel brave ?

Day 13 Growing

what are you learning at the moment that will help you grow?

Day 14 Happy Place

where is your happiest place?

Day 15 Yes You Can

share something you've achieved that you never thought you'd be able to do?