

Your Weekly Challenge (2)

Monday

"Invent" five new yoga poses and hold 30 sec

Tuesday

Start a journal

Wednesday

Play ten rounds of your RGYM dice game

Thursday

Write a kind note to a friend and to a family member

Friday

Try to smile all day for no specific reason

Saturday

Make (and eat) a rainbow food platter

Sunday

Talk to someone new

Everyday (I get better)

Spend 5 to 10 minutes listening to a guided meditation.

Practice one new breathing technique.

Try five yoga poses.

;-)

