

July 2020- Accountability Challenge

PLANNING TO BE HAPPY

CHECK THE BOXES OF THE ACTIVITIES YOU
DID TODAY

- EXERCISED
- ATE AT LEAST ONE FRUIT OR VEGGIE
- DRANK YOUR WATER
- FOUND QUIET TIME
- LIT A CANDLE
- PLANNED A MINI-VACAY
- PRACTICED DEEP BREATHING
- LISTEN TO FUN MUSIC
- CAUGHT UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- GAVE OR RECEIVED A HUG
- READ, THOUGHT OR SAID SOMETHING
POSITIVE
- TRIED SOMETHING NEW
- STAYED AWAY FROM DRAMA

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CHECK THE BOXES OF THE ACTIVITIES YOU DID TODAY