

Smile EXERCISE
Pray & Read the Bible HYDRATE

COUNT YOUR BLESSINGS

Read a Chapter From a Good Book

GIVE YOURSELF GRACE

Shower & Get Dressed for the Day You Want to Have

Breathe & Spend a Few Moments in Quiet

MAKE EXPECT THE
A PLAN UNEXPECTED

Make Your Bed

Do Something for Someone Else

TACKLE THE HARDEST THING FIRST

Eat a Healthy

BREAKFAST *Sing*

TURN ON SOME MUSIC

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