

# MAKE YOUR DAY 5X BETTER

1 2 3 4 5

One meaningful thing I can finish today

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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One thing I wished I did yesterday

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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One thing to surprise someone

<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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One thing I'm avoiding

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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One act of self care

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## HOW IT WORKS

On days where you feel like you're in a slump and like you're not going anywhere, each of these five things can help pull you out.

If you're really struggling day to day, try your best to complete each item for five days then reevaluate how you feel.

It's not a contest! Even just one item can have a big impact. You've got this!

## IDEAS

~~call my mom~~  
tidy kitchen  
~~finish article~~  
try new nail polish

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IDEAS

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