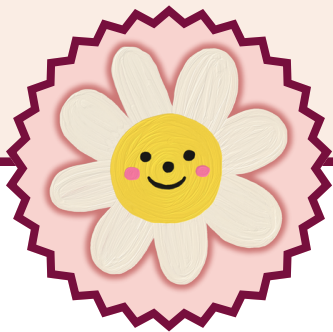




AUTHENTICALLY BRIGHT'S 7 DAY JOY CHALLENGE

Do things daily that increase your sense of joy and write down what you did. It works especially well if you team up with a friend and send each other daily updates for inspiration and accountability.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

As you are doing the joy challenge, what are you noticing/learning about yourself?