



# THINK ABOUT THIS

with Leslie Morgan

## 30 Day Better Life Challenge

Tidy your workspace	Write down five things you love about yourself	Take the stairs	Smile at a stranger	Go to bed earlier
Take a drive	Try a new recipe	Listen to classical music	Plan a weekend away	Try meditation
Start a DIY Project	Watch the sunrise	No phone day	Self care day	Finish a DIY Project
Stretch	Start reading a book	Explore a new city	Go outside your comfort zone	Make a new friend
Go to bed earlier	Explore a new hobby	Make time for exercise	Call an old friend	Watch the sunset
Visit a museum	Learn a new skill	Tell someone you love them	Do nothing	Go outside