





21 Days of Doing Good

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CHANGE




**21 Days of
Saying I CAN**





**Apologize
to yourself**





**Write thank-you
notes for every
member at home.**





**Take up a
home workout
challenge**

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**Spend the whole
day doing nothing
you deserve a break**






**Who inspires you?
Call them and share
with them.**





Learn a new skill

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**set a timer for 2
minutes and write
every thing you
love about yourself**





**save one hour
of electricity
everyday.**





**Finish your
incomplete tasks**





**Celebrate
something about
yourself today**

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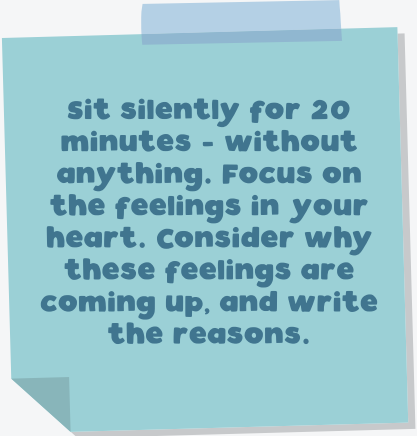
**Create a happy
playlist to spread
some joy.**





**Learn to cook
a new dish**





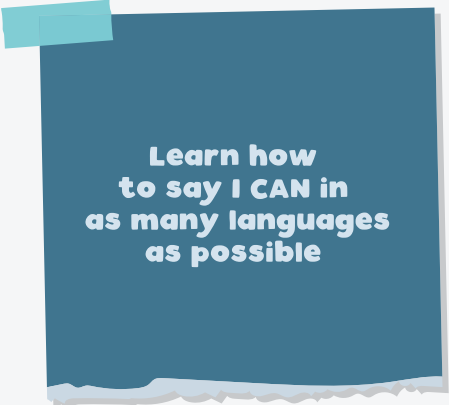
sit silently for 20 minutes - without anything. Focus on the feelings in your heart. Consider why these feelings are coming up, and write the reasons.





**Teach somebody
something new.**

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**Learn how
to say I CAN in
as many languages
as possible**


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**Promote a cause
you believe in**






**Teach a virtual class
about something
you love**

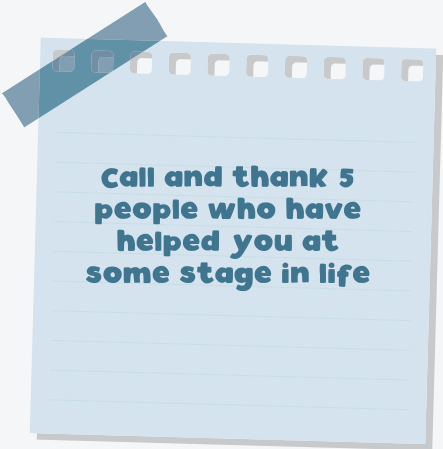


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**List three traits
you'd like others
to see in you.**

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**Call and thank 5
people who have
helped you at
some stage in life**





watch a foreign film

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