21 Days of Self Love
21 Days of Doing Good
21 Days of Saying I CAN
Apologize to yourself
write thank-you notes for every member at home.
Take up a home workout challenge
spend the whole day doing nothing you deserve a break
Who inspires you?
Call them and share with them.
Learn a new skill
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
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.
Learn how to say I CAN in as many languages as possible
Bake your favorite treat
Promote a cause you believe in
Teach a virtual class about something you love
List three traits you'd like others to see in you.
Call and thank 5 people who have helped you at some stage in life.
watch a foreign film