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2023

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DAY BRIGHTENER

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★ CHECKLIST ★

☐ **Learn a new skill** and teach it to someone.

☐ Get up earlier than usual and **enjoy the sunrise** from your favorite spot.

☐ **Perfect a joke** and tell it to every stranger you meet.

☐ **Deliver a care package of coffee** to someone who needs it.

☐ Write a letter to someone in your family and **remind them of how much you appreciate them.**

☐ **Try a random act of kindness** and perhaps make a new friend!

☐ **Sing your favorite song out loud.** Louder! We can't hear you!

☐ **Try a new breakfast recipe** and enjoy breakfast in bed.

IN 2023 I WANT TO

DO MORE

DO LESS

