

2

0

2

4

!

Try out a
new
recipe

2 weeks
no
drinks

Go out
of the
country

Take
myself out
to dinner

Speak in
a group
meeting

Cook
dinner 3x
in a week

Try a new
workout
class

Start life
coach

Ask for
help

Try a new
food I
always
refused

Try out a
new self
care
activity

Call my
parents to
check in

Paddle
to a new
island

Read 10
books

Travel to
somewhere
new

Send 5
cards to
loved
ones

Stay
home for
a
weekend

Help a
stranger

Start a
new
healthy
habit

Commit to
the gym
3x/week for
a month

Tell 3 friends
why I am
grateful for
them

Fall in
love

Watch
LAs kids
for a date
night

Go on a
solo trip

Learn a
new
topic

2	0	2	4	!
Try out a new self care activity	Call my parents to check in	Try a new food I always refused	Ask for help	Commit to the gym 3x/week for a month
Go on a solo trip	Travel to somewhere new	Paddle to a new island	Speak in a group meeting	Stay home for a weekend
Cook dinner 3x in a week	Go out of the country	Start life coach	Start a new healthy habit	Try out a new recipe
Send 5 cards to loved ones	Fall in love	Try a new workout class	Help a stranger	Take myself out to dinner
Tell 3 friends why I am grateful for them	Watch LAs kids for a date night	Learn a new topic	2 weeks no drinks	Read 10 books

2	0	2	4	!
Travel to somewhere new	Start a new healthy habit	Fall in love	Go on a solo trip	Help a stranger
Commit to the gym 3x/week for a month	Learn a new topic	Cook dinner 3x in a week	Paddle to a new island	Try out a new recipe
Send 5 cards to loved ones	Tell 3 friends why I am grateful for them	Start life coach	Call my parents to check in	Try a new workout class
Try out a new self care activity	Stay home for a weekend	Watch LAs kids for a date night	Ask for help	2 weeks no drinks
Read 10 books	Try a new food I always refused	Take myself out to dinner	Go out of the country	Speak in a group meeting