2	0	2	4	!
Try out a new recipe	2 weeks no drinks	Go to NY to see family	Take myself out to dinner	Speak in a group meeting
Fall in love	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	Commit to the gym 3x/week for a month	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	Cook dinner 3x in a week
Tell 3 friends why I am grateful for them	Go on a solo trip	Watch LAs kids for a date night	Go out of the country	Learn a new topic

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2	0	2	4	!
Try out a new self care activity	Commit to the gym 3x/week for a month	Try a new food I always refused	Ask for help	Cook dinner 3x in a week
Go out of the country	Travel to somewhere new	Paddle to a new island	Speak in a group meeting	Stay home for a weekend
Fall in love	Go to NY to see family	Start life coach	Start a new healthy habit	Try out a new recipe
Send 5 cards to loved ones	Go on a solo trip	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

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2	0	2	4	!
Travel to somewhere new	Start a new healthy habit	Go on a solo trip	Go out of the country	Help a stranger
Cook dinner 3x in a week	Learn a new topic	Fall in love	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	Commit to the gym 3x/week for a month	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 to NY to see family	Speak in a group meeting

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