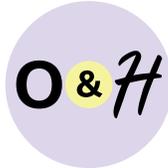


30 Days of Doing Little Things for Yourself

	1 Say three kind things to yourself in the mirror.	2 Identify and list your values.	3 Create a small wins jar and add to it daily.	4 Ask yourself 'what do I want' and write it down.	5 Go to a meetup based around an interest.	6 Dance in your bedroom.
7 Schedule in weekly 'me' time.	8 List what makes you unique.	9 Sign up for a class or workshop you're excited about.	10 Journal about things you're proud of.	11 Have a deep conversation with a friend.	12 Road trip to a place you've always wanted to go.	13 Watch your favorite movie.
14 Write down three things you want to do more of.	15 Make a playlist of meaningful songs.	16 Read an inspiring story.	17 Do a creative activity for 15-30 minutes.	18 Do something just for love, not an end result.	19 Have a vacation or trip planning evening with friends.	20 Apply for your dream job.
21 Sing in the shower.	22 Reach out to someone who inspires you.	23 Take a personality test.	24 Create a vision board.	25 Have a 'declutter and donate' evening	26 Try a fun, new activity you've never done before.	27 Go to the mall and look for a new outfit.
28 Start a dream journal.	29 Write down and define your definition of success.	30 Read back your small wins from the month.				 <p>Ordinary & Happy</p>