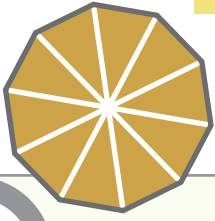
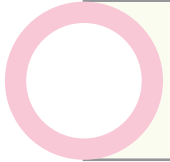


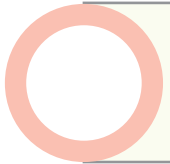
The **10-Point Game** *for* *a Better Day*



Answer one overdue email.

☐

Schedule one appointment you've been putting off.

☐

Cancel one subscription you don't need.

☐

Renew one thing that expires soon (e.g. membership, license).

☐

Reply to the person you've been meaning to.

☐

Put away one thing that's in the wrong place.

☐

Set a reminder for something you keep forgetting.

☐

Order one thing you've run out of.

☐

Toss one expired thing from the fridge or pantry.

☐

Fix one small thing that's been annoying you in the house (e.g. loose door handle).

☐