

Make your bed

Say nice things to yourself daily

**Write down something great
about each day**

**Write down the positive aspects
of every challenge**

**Practice mindful happiness
while travelling home from school**

**Practice being your own
best friend daily**

**Practice saying “no” without
explanation**

**Practice 20 minutes of
self-care daily**

**Do a hobby or activity daily
which brings you joy**

**Set a goal to practice more
gratitude and less complaining**

Set a goal for at least 8 hours of sleep a night

Set a goal to eat fresh, unprocessed food every day

Cut your social media time in half

Put up at least three inspirational/motivational quotes to read daily

Visualise your goals for 10 minutes daily

Let go of your people pleasing tendencies

Set aside some time every week to do something fun

Write a journal for five minutes morning and/or night

Stop indulging in relationships or activities which drain you of energy

Cut the word 'should' from your vocabulary