

MMG CHALLENGE

21 DAYS OF POSITIVITY

Day 1: Name 3 things you are grateful for when you wake up

Day 2: Write down two meaningful things that happened to you in the last 24 hours

Day 3: Reach out to someone you know and praise them for something

Day 4: Exercise

Day 5: Give someone a good piece of advice

Day 6: Think about your posture; make sure you always stand tall

Day 7: Write positive affirmations on sticky notes and place them where you want

Day 8: Talk to your group about a moment you were most satisfied with your life

Day 9: Discuss your zodiac sign and if you think it fits your personality

Day 10: Write down your top 10 favorite songs

Day 11: Talk to your group about someone who fascinates you and why

Day 12: Write down 12 interesting facts about yourself

Day 13: Learn something new and share with your group

Day 14: Go for a walk and observe the world around you

Day 15: Create a positive thinking playlist

Day 16: Stay off social media for one day

Day 17: Draw something

Day 18: What is the best gift you've ever received? Share with your group

Day 19: Write down a fear you have overcome that made you feel really good about yourself

Day 20: Write down what you love most about yourself

Day 21: Celebrate a small achievement