

2020 NEW YEAR CHALLENGE

- 1 Go the entire day without complaining.
- 2 Look up 10 times throughout the day.
- 3 Do someone a favor.
- 4 Do something that scares you.
- 5 Treat yourself to something alone.
- 6 Leave your cellphone at home for the day.
- 7 Go the entire day without putting yourself down.