

## DAY 22

Physical connection. Be intentional with physical affection today. Give lots of hand holding, hugs and/or kisses to those you love.

## DAY 23

Set your goals. Grab a piece of paper and write down 5 goals you have for 2019. (Dream big!)

## DAY 24

RAK: Commit a random act of kindness today. Making others feel good makes us feel good. It doesn't have to be a grand act. It can be something as simple as sending someone a warm smile, or paying for a stranger's coffee.

## DAY 25

Get out in nature. Regardless of the weather, devote some time today to go outside. Breathe in the fresh air, take in the scenery and admire this amazing world!

## DAY 26

Do something you love. You can plan something in advance for this day or just be spontaneous. Call in a babysitter if you have to!

## DAY 27

Eat & drink your favorites. Is there a special latte you love so much? Or maybe that chocolate chip cookie from a bakery is calling your name. Indulge today with no guilt!

## DAY 28

Ask for advice. What's been on your mind? What do you want clarity on? Turn to a mentor or a trusted friend and ask them for some wise words.