

30 Days of 1 MINUTE TASKS

<p>Day 1</p>  <p>Make your bed.</p>	<p>Day 2</p>  <p>Wipe off your bathroom mirror.</p>	<p>Day 3</p>  <p>Sort through your mail.</p>	<p>Day 4</p>  <p>Plug in your phone and charge it.</p>	<p>Day 5</p>  <p>Pick up stray shoes and put them where they belong.</p>
<p>Day 6</p>  <p>Wash your plate or cup instead of putting it in the sink.</p>	<p>Day 7</p>  <p>Replenish your toilet paper reserves.</p>	<p>Day 8</p>  <p>Look away from the computer screen.</p>	<p>Day 9</p>  <p>Floss. Your. Teeth.</p>	<p>Day 10</p>  <p>Take all the receipts, papers and bags out of your car.</p>
<p>Day 11</p>  <p>Turn on upbeat music.</p>	<p>Day 12</p>  <p>Give someone a hug.</p>	<p>Day 13</p>  <p>Wipe off the front of your refrigerator or oven</p>	<p>Day 14</p>  <p>Cut a loose string off your clothing.</p>	<p>Day 15</p>  <p>Stand up, take a walk.</p>
<p>Day 16</p>  <p>Shake out door mats and bathroom rugs.</p>	<p>Day 17</p>  <p>Take your vitamins.</p>	<p>Day 18</p>  <p>Update your calendar.</p>	<p>Day 19</p>  <p>Close your eyes and breathe deeply for 60 seconds.</p>	<p>Day 20</p>  <p>Sweep the entryway to your home.</p>
<p>Day 21</p>  <p>Smile. Really, really big.</p>	<p>Day 22</p>  <p>Refill your water glass or bottle.</p>	<p>Day 23</p>  <p>Wipe the crumbs off the table, counter or your desk.</p>	<p>Day 24</p>  <p>Throw all the dirty clothes into the hamper.</p>	<p>Day 25</p>  <p>Switch out your bathroom towels.</p>
<p>Day 26</p>  <p>Go outside, soak up some sunshine.</p>	<p>Day 27</p>  <p>Click unsubscribe and get away from the annoying junk emails.</p>	<p>Day 28</p>  <p>Clean out your browser tabs.</p>	<p>Day 29</p>  <p>Put on sunscreen.</p>	<p>Day 30</p>  <p>Tell somebody you love them.</p>