

# 30 DAY Challenge

## Family "Say Something Nice"

			1 RECONNECT 	2 THX TO MAIL CARRIER	3 EXPRESS YOUR DISBELIEF	4 COMPLIMENT THE CHEF
5 LIBRARY BOOK NOTE 	6 SUPPORTIVE DM	7 PUT A NOTE ON A CAR	8 THANK A TEACHER 	9 ACKNOWLEDGE A SUCCESS	10 BE A "NOTICER" 	11 APPRECIATE A TRAIT
12 COMPLIMENT A TALENT	13 CONSIDER YOURSELF LUCKY	14 "HAVE A GREAT DAY!"	15 COMPLIMENT A STYLE 	16 BE BODY POSITIVE	17 CONGRATS FOR GETTING ON TRACK	18 SHOW SUPPORT 
19 PACK A SMILE	20 "YOU INSPIRE ME!"	21 TRUE APOLOGY 	22 THANK A GREAT LISTENER	23 "I'M LISTENING" 	24 REWARD PATIENCE	25 LEAVE A REVIEW
26 "YOU MAKE ME SMILE" 	27 APPRECIATE COURAGE	28 GIVE ENCOURAGEMENT 	29 NUDGE SOMEONE WITH PRIDE	30 "YOU ARE LOVED" 		