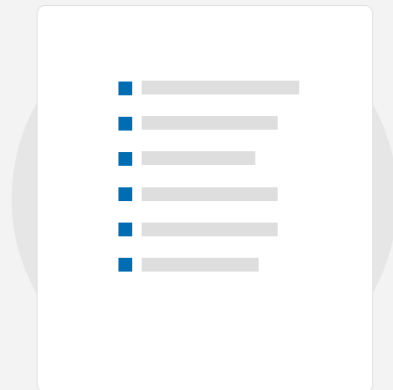


12 Little Daily Tasks that will Change Your Life Forever

Spend less than 3-minutes a day doing each of these tasks so you can attract and spread positive energy, while fighting off the negative energy your surrounded with. Read the full article here:

<https://blog.checkli.com/12-little-daily-tasks-that-will-change-your-life-forever/>



- 1 Smile
- 2 Say "Hello"
- 3 Meditate for 3-Minutes
- 4 Follow the One-Minute Rule
- 5 Ask About Someone Else's Day
- 6 Read 3 Things You're Grateful For
- 7 Make a Checklist
- 8 Make Your Bed
- 9 Slam a Glass of Water When You Wake Up
- 10 Stretch
- 11 Pick Out Your Clothes for the Next Day
- 12 Take 10 deep Breaths