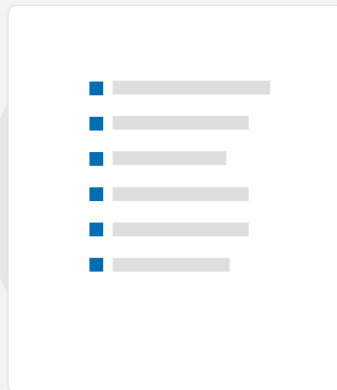


12 Little Daily Tasks that will Change Your Life Forever

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
