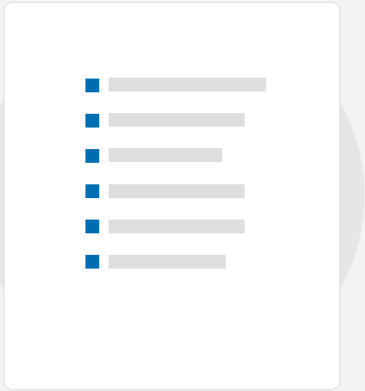
12 Little Daily Tasks that will Change Your Life Forever

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

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