## 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