

Daily Challenge Checklist

THE DAY	THE CHALLENGE	THE ACTION
Day 1	Pick out your favorite 31 Days Series to Follow.	
Day 2	Connect with Lisa Marie online.	
Day 3	Print the Daily Challenge Checklist and keep up.	
Day 4	Take a 5-15 minute timeout to connect with yourself.	
Day 5	Smile at everybody today, even if you fake it.	
Day 6	Schedule time to work on intimacy with spouse or friend.	
Day 7	Pat a friend on the back or shake hands with a stranger.	
Day 8	Schedule one-on-one time with each family member.	
Day 9	Start a new Facebook friendship. Invite a friend out.	
Day 10	Call somebody you haven't spoken to in a long time.	
Day 11	Discover what your primary love language is.	
Day 12	Plan acts of service or kindness for somebody this week.	
Day 13	Offer hospitality to friends or family by inviting them over.	
Day 14	Accept an invite to a social event this month.	
Day 15	Have a more in-depth conversation with a coworker.	
Day 16	Use ideas from the Employee Appreciation list this week.	
Day 17	Give customer service that's above and beyond to all.	
Day 18	Send 3 handwritten cards or letters to friends or family.	
Day 19	Write 3 emails following all best practices.	
Day 20	Write down 3 story/book ideas. Schedule time to write.	
Day 21	Start a blog or write a post or share a post you like.	
Day 22	Comment on social media posts and a blog post.	
Day 23	Share an image you love online and comment on others.	
Day 24	Try 2 new ways to connect on Facebook.	
Day 25	Join or create a Facebook Group. Participate in groups.	
Day 26	Comment on Pinterest pins. Share pins with friends.	
Day 27	Follow new people on Instagram. Use hashtags.	
Day 28	Connect with new people on LinkedIn. Share links.	
Day 29	Record yourself on camera. Post video on social media.	
Day 30	Speak publicly in some form within 2 weeks & follow tips.	
Day 31	Keep intentionally connecting with others!	