# 7-DAY TEENAGER POSITIVITY CHALLENGE

Good Vibes

be happy









**1 day**

## Start Your Day Off RIght!

Eat breakfast, listen to upbeat music, focus on the good! (TRY not to be grumpy...)

**2 day**

## Challenge Negative Thoughts

SAY: "I can do this!"
"I'm still learning!"
"I'm trying!"
Your thoughts shape your reality.

**3 day**

## Get MOVING!

Get healthy AND shake off that crummy mood! Walk, run, bike, hike... you'll thank yourself later!

yes!

**4 day**

## Walk Away From Toxic Friendships

Your friends can lift you up OR tear you down. Choose friends wisely. Choose friends who choose you back. DITCH the drama!

**5 day**

## Delete Negative Social Media Accounts

Your feed = Your Mood
STOP Comparing, baby...
Negativity Drains Your Energy

**6 day**

## Get More Sleep

Your mood depends on it!

## Eat Healthier

Eat like trash; feel like trash (harsh but TRUE!)

**7 day**

## LAUGH More!

It's the reset button for stress. Hang with friends you love. Watch a silly movie. Find a little humor in each day... even on those hard days.

Raising Teens Today