



THE

OVERACHIEVER



#DOINGMYPARTCO

TOOK A WALK	HOWLED FOR HEALTH WORKERS	POSTED WHO I AM STAYING HOME FOR	TRIED SOMETHING NEW	WATCHED A FOREIGN FILM
JOURNALED	DELIVERED GROCERIES TO A FAMILY MEMBER	MADE A MASK	REWATCHED A FAVORITE MOVIE	WATCHED THE SUNRISE
DID YOGA	DRANK 6 GLASSES OF WATER	STAYED HOME TO SAVE LIVES	MADE A HEALTHY LUNCH	LISTENED TO A PODCAST
CLEANED MY ROOM	TOOK A POWER NAP	WROTE A THANK YOU LETTER FOR HEALTH CARE PROFESSIONALS	COOKED A NEW RECIPE	MADE MY OWN MATCHA
WOKE UP BEFORE THE ALARM	READ 100 PAGES OF A BOOK	SPENT 5 MINUTES MEDITATING	TRIED A PINTEREST DIY	WORKED OUT - FOR SECOND TIME TODAY

THE OVERACHIEVER RISES WITH THE SUN. THEY ARE DRESSED EVERY DAY AND YOGA TWICE A DAY.

CHALLENGE A FRIEND