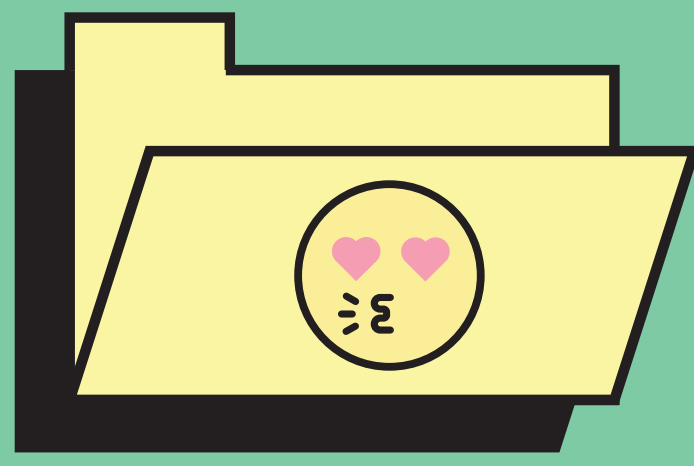
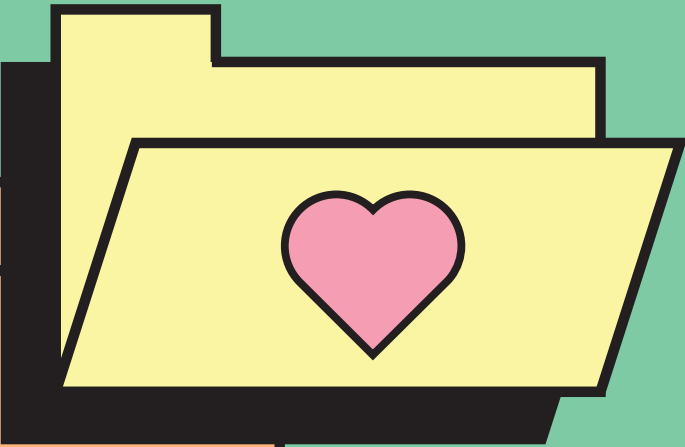




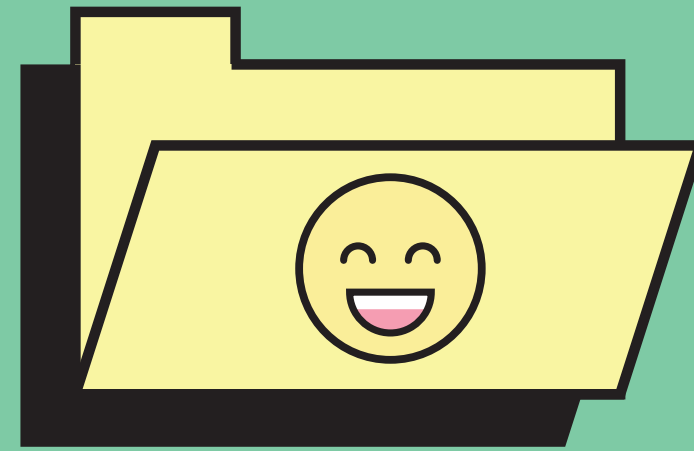
American Heart Association
AMERICAN HEART CHALLENGE™



Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today." Nothing but positive vibes all day.



Find three things you love about yourself & write them down.

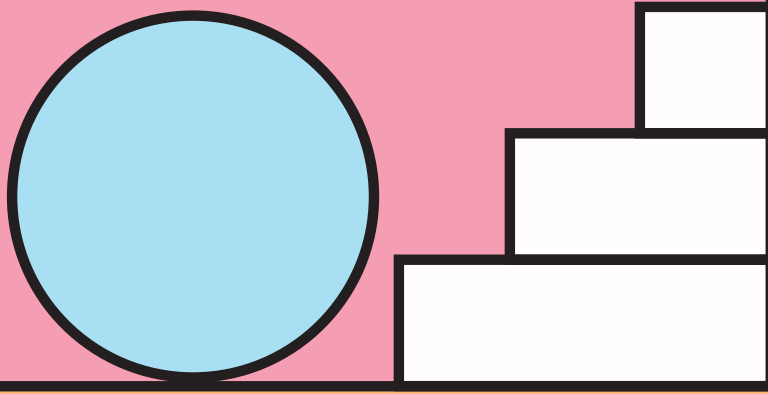


Then stand in front of a mirror & read them out loud. Feels pretty good to love yourself, doesn't it?



When's the last time you celebrated all the amazing things your body can do? Take two minutes to really think about it, then store those happy thoughts for a rainy day.

Everyone has 'off' days. Think of three quick things you're grateful for and repeat them to yourself when you're feeling blue.



Stop for a second before a meal today. Soak up the smells, enjoy the moment & be grateful for whoever prepared it (especially if it was you)!

Text someone & share three reasons you're grateful for them.

GRATITUDE IS GOOD FOR OUR HEALTH

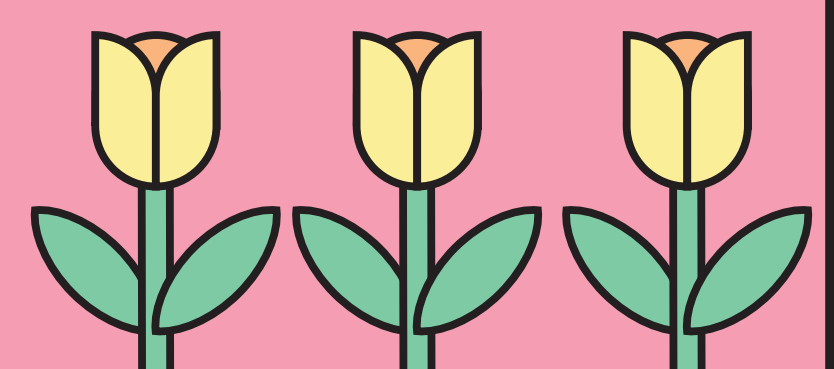
PAUSE

If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way. A little positivity goes a long way.

We all have flaws - we're human. Focus on one thing about yourself that to you is less than perfect. Then write a little love note about it. Because **#selflove** heals the soul.

Reach out and express a little extra appreciation to someone. Be specific & intentional with your love - you just might make their day.

Today, hit pause for a few minutes to reflect & write about how you feel after participating in this challenge. Reflect and learn - it's the only way to grow!



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