

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/>

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- 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
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