

#The100DayChallenge

March 17th 2019



Do something good each day for 100 days in the hope of it sticking, and potentially becoming a habit.

What can I do, during the 100 day CLEO challenge:

You can do anything that you would yourself consider a good deed, from making someone breakfast in bed, or helping elders crossing a street. It can be as simple as holding the door for someone to go through. Paying-it-forward allows all good deeds are equal, so long as it makes someone's day a little brighter!

Make sure that you regularly update the community for the next 100 days, pictures or just a quick story (since we don't want people to take pictures

if not wanted) Tag CLEO and use our hashtags #The100DayChallenge #CleoPaysItForward to reach all our media

What to do:

Choose your action, and display your activity by posting pictures onto your social media and if you want, on CLEO social media too.

Make sure to include the #'s to announce your participation in the project. Every time you post, make sure to include both your hashtag for your action, and the project hashtag.

#The100DayChallenge starts on the 17th March 2019, however any day is good to start! Just as long as you participate.

Social media links

Telegram: t.me/cleoglobal
Facebook: [@CleoGlobalFoundation](https://www.facebook.com/CleoGlobalFoundation)
Twitter: twitter.com/CleoGlobal
Instagram: [t.co/H1b50fxBdm](https://www.instagram.com/t.co/H1b50fxBdm)



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