improvi

#### Tsedenia Skitch

**Programmes**

* *improvi anxiety*
  + ***Daily Tasks***
    - “Pay someone a compliment today
    - “Smile at 5 people today (they don’t have to smile back!)”
* *improvi happiness* 
  + ***Daily Tasks***
    - “Smile at 5 people today (they don’t have to smile back!)”
    - “Write down 5 things in your life right now that you are grateful for”
    - “Write down 5 things that you love about your body” (I like this one)

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Write down 3 things about your life right now that you are grateful for.

\*\*Do 5 minutes of exercise. \*\* More specific exercises.

Take 5 minutes to sit with your thoughts, try to focus on your breathing.

Hold yourself accountable for any negative habits you engage with today (e.g. have second thoughts about smoking a cigarette)

Clean your teeth 3 times a day instead of 2

Stretch for 15 minutes this morning

Don’t slouch today, any time you notice yourself slouching, straighten up

Set yourself three extreme goals and do your best to achieve them throughout the day

Take the stairs instead of any lifts/escalators

Take a 15-minute walk \*\*Be more creative than this fam for example AND capture photos with nothing man-made in them.

Stick to drinking only water today

Drink 2L of water today

Do that thing you have been putting off. Now.

Rearrange a room in your house

Go to bed without looking at your phone etc.

Delete all your social media apps on your phone. (You can add them back tomorrow!)

Note 3 things that went well today

Make a fruit salad

***Traits***

Confidence

Willpower

Self-motivation

Positivity

Self-discipline

Efficiency

Creativity

Mindfulness

Productivity

Resourcefulness

Decisiveness