

*Return a frown
with a smile
and/or a hug*

*Let someone go
in front of you
in line.*

You are enough

*Your dreams & goals are
amazing! Encourage a
friend/family member in their
dream today.
Send a note, email, or gift to
help them towards their dream.*

*Write down 3 things
you know you do
well. Run in your
lane this holiday!*

*You are the
perfect gift to
your family &
friends.*

*Write out one thing you
love/like/admire about each
family member. Pass it out
when you get together for a
holiday gathering.*

*Thank every retail worker
you meet today. Let them
know you appreciate their
hard work. (Even if you do
not feel that way at the
moment)*