

12 Tiny Things

Can you mark off 12 of these things?

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Look all the way up

Take a deep breath

Say a kind thing to somebody

Write someone a nice note

Express gratitude

Notice your posture

Drink a cup of water

Roll your shoulders back

Think 3 kind thoughts about yourself

Pay attention to your food at lunch

Give someone your full attention

Read instead of watch

Thank somebody

Take two deep breaths

Do something slowly on purpose

Name one emotion you feel right now

Ask a question

Help someone

Touch something in nature

Use your favorite pencil