

BOOST CREATIVITY

Listen to a new song

EVERYDAY A NEW
CHALLENGE

GRAND PRIZE
**SELF-
IMPROVEMENT**



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the task has been performed



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Read 10 pages

EVERYDAY A NEW
CHALLENGE

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Dance for 10 minutes

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CHALLENGE

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Draw something nice

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Go for a walk by yourself

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CHALLENGE

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Send an appreciation message to
somebody

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CHALLENGE

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Go creative

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CHALLENGE

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Walk barefoot on the grass

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Wear something out of your comfort zone

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Try a new cuisine dish

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CHALLENGE

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Sew something on a piece of cloth

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Make a compliment to a stranger

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CHALLENGE

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Try a new dance / sport

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CHALLENGE

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Go creative

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Cook something

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CHALLENGE

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Sing in the shower

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CHALLENGE

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Make a new friend

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CHALLENGE

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Write a poem

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3 hours with no internet

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Volunteering

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Go creative

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