

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30-Day Positivity Challenge

1 Welcome to the 30-Day Positivity Challenge



2 Benefit #1:
Positivity Makes Us Happier



3 Benefit #2:
Positivity Makes Us Feel Good



4 Benefit #3:
Positivity Makes Us Healthier



5 Benefit #4:
Positivity Can Give Our Career a Boost



6 Benefit #5:
Positivity Strengthens Our Emotions



7 Benefit #6:
Positivity Makes Us Less Self-Centered



8 Benefit #7:
Positivity Improves Our Personality



9 Benefit #8:
Positivity Makes Us Kinder and More Helpful



10 Benefit #9:
Positivity Reduces Materialism



11 Benefit #10:
Positivity Enhances Our Spiritual/Faith Life



12 Benefit #11:
Positivity Increases Our Self-Esteem



13 Benefit #12:
Positivity Improves Our Sleep



14 Benefit #13:
Positivity Increases Our Energy Level



15 Benefit #14:
Positivity Helps Us Embrace Exercise



16 Benefit #15:
Positivity Helps Us Bounce Back After Failure or Setback (including illness/ injury)



17 Benefit #16:
Positivity Helps Us Take More Risks



18 Benefit #17:
Positivity Can Help Us Change Our Habits (including addictions)



19 Benefit #18:
Positivity Makes Our Memories Happier



20 Benefit #19:
Positivity Reduces Feelings of Envy



21 Benefit #20:
Positivity Helps Us Relax



22 Benefit #21:
Positivity Enhances Our Intimate Relationships



23 Benefit #22:
Positivity
Makes Us
More
Attractive



24 Benefit #23:
Positivity Helps
Us Makes
Friends More
Easily and
Deepens
Existing
Friendships



25 Benefit #24:
Positivity
Encourages
Lifelong
Learning



26 Benefit #25:
Positivity
Increases Our
Patience



27 Benefit #26:
Positivity
Increases
Our Goal
Achievement



CNBC article

28 Benefit #27:
Positivity
Improves Our
Decision-
Making



29 Benefit #28:
Positivity
Makes Us
Better Givers

Happify Infographic



30 Benefit #29:
Positivity Gives
Our Life
Purpose



31 Benefit #30:
Positivity May
Help Us Live
Longer



Register for the 30-Day Positivity Challenge today:

<https://fairypositive.com/30-day-positivity-challenge>