

ENJOY A PUMPKIN-SPICED TREAT	SLEEP IN	GREET STUDENTS BY NAME	BINGE ON A BOOK	FORGIVE YOURSELF FOR A PAST MISTAKE
WRITE A THANK-YOU NOTE	DANCE!	DRINK 8 GLASSES OF WATER	VISIT WITH A NEIGHBOR	DONATE
WATCH TV	REVIEW FINANCES	<i>Free</i>	LIST 3 THINGS FOR WHICH YOU ARE THANKFUL	MEDITATE
CONNECT WITH A COLLEAGUE	ORGANIZE	HAVE A GUILT-FREE TREAT	LEAVE SCHOOL AS SOON AS YOU'RE DONE TEACHING FOR THE DAY	BEGIN SOMETHING NEW
SAY "I LOVE YOU"	EXERCISE	MAKE DOCTOR AND DENTIST APPOINTMENTS	EAT HEALTHY FOOD	FLOSS TEETH