

Welcome to the Sunny Side Up Challenge!

Ready to boost your mood, spark more joy, and brighten your daily routine? This challenge is all about choosing small, uplifting actions that can have a big impact on your mindset. Each day, you'll try one feel-good tip designed to help you stay grounded, hopeful, and present — even when life gets a little scrambled.

No pressure. No perfection. Just simple ways to lean into the good, one sunny step at a time.



Date	Activity	Completed ✓
	Be open to finding reasons to be positive	
	Keep a list of what you're thankful for	
	Have little things to look forward to	
	Avoid decision fatigue	
	Make laughing with friends a top priority	
	Surround yourself with beautiful things	
	Seek out uplifting inspiration	
	Speak kindly about yourself and others	
	Notice the good in people	
	Recall moments filled with joy and love	
	Move your body in ways that feel good	
	Get into a flow state	
	Wear clothing that makes you feel like you	
	Choose your news wisely	
	Process your emotions as they come	
	Turn up the tunes	
	Stay present	