

# Bloom in March

Week 1

Day 1  
Write down 3 things you love about yourself.

Day 2  
Move your body.

Day 3  
Make your house a home.

Day 4  
Be productive.

Day 5  
Unfollow anyone who brings you down.

Week 2

Day 1  
Write down 5 things you are grateful for.

Day 2  
Give to someone else.

Day 3  
Don't ask why, ask how.

Day 4  
Smile.

Day 5  
Take the next best step.

Week 3

Day 1  
Be your best self, today.

Day 2  
Be present.

Day 3  
Connect with a friend.

Day 4  
Stay positive.

Day 5  
Let go.