

THE 30-DAY OPTIMISM CHALLENGE

I hereby pledge to be more generous with those in need, more connected with my community and more open to changing my perspectives. I will approach this challenge with an open mind in pursuit of discovering the powers of optimism. I will do my best to not skip a day, make up my own daily act if I cannot complete the one provided and, most importantly, have fun with this experience.

Signed: _____ (Optimist)

DAY	ACT OF OPTIMISM	COMPLETED	PERSONAL TAKEAWAY
1	_____	<input type="checkbox"/>	_____
2	_____	<input type="checkbox"/>	_____
3	_____	<input type="checkbox"/>	_____
4	_____	<input type="checkbox"/>	_____
5	_____	<input type="checkbox"/>	_____
6	_____	<input type="checkbox"/>	_____
7	_____	<input type="checkbox"/>	_____
8	_____	<input type="checkbox"/>	_____
9	_____	<input type="checkbox"/>	_____
10	_____	<input type="checkbox"/>	_____
11	_____	<input type="checkbox"/>	_____
12	_____	<input type="checkbox"/>	_____
13	_____	<input type="checkbox"/>	_____
14	_____	<input type="checkbox"/>	_____
15	_____	<input type="checkbox"/>	_____
16	_____	<input type="checkbox"/>	_____
17	_____	<input type="checkbox"/>	_____
18	_____	<input type="checkbox"/>	_____
19	_____	<input type="checkbox"/>	_____
20	_____	<input type="checkbox"/>	_____
21	_____	<input type="checkbox"/>	_____
22	_____	<input type="checkbox"/>	_____
23	_____	<input type="checkbox"/>	_____
24	_____	<input type="checkbox"/>	_____
25	_____	<input type="checkbox"/>	_____
26	_____	<input type="checkbox"/>	_____
27	_____	<input type="checkbox"/>	_____
28	_____	<input type="checkbox"/>	_____
29	_____	<input type="checkbox"/>	_____
30	_____	<input type="checkbox"/>	_____