



Mini Challenge

Find the Magic

If you frequent social media, you may have seen the trend of “romanticizing life”. This movement encourages people to appreciate the present moment and find joy in everyday life. Finding the magic or finding the “glimmers” in your daily routine helps instill feelings of contentment and pleasure as you make every day special. These moments may be fleeting, but taking time to acknowledge the glimmers starts to string together a larger sense of happiness and joy. Complete 4 of the suggested activities to find the magic in your day.

Shift Your Perspective

Look at life with a lens of gratitude. Appreciate what you have instead of focusing on what you lack. This shift in thinking makes life more enjoyable. Acknowledge three positive things you noticed today.

Incorporate Rituals

Celebrate every day with small actions that make routine actions feel more fun. Start with what you’re already doing. Do you drink a cup of coffee each morning? Try lighting a candle or listening to your favorite podcast to make the moment more meaningful. Identify one small thing to incorporate into your routine to bring added joy.

Embracing the Unknown

View the unknown as a chance for growth and opportunity. Be open to change and develop a growth mindset. Believe that challenges are opportunities for growth and learning. List three past experiences that allowed for unexpected growth.

Cultivating Curiosity

Curiosity combats complacency, drives positive relationships and sparks joy. Make learning a habit by reading, reflecting often, and engaging in learning opportunities. Ask meaningful questions to learn more about your coworkers, friends or even yourself.

Limit Screen Time

Social media can foster feelings of negativity and comparison. Take a break from screens to practice presence for at least 20 minutes today.

Set an Intention to Notice One Glimmer Each Day

A glimmer is a small, positive moment that makes you feel safe and calm. Finding the beauty in the mundane and allowing that to radiate from you is a simple way to spread positivity. Examples include:

- › Feeling the warmth of the sun
- › Noticing a friendly face
- › Appreciating differences
- › Hearing a child laugh
- › Seeing a rainbow
- › Petting a cat or dog