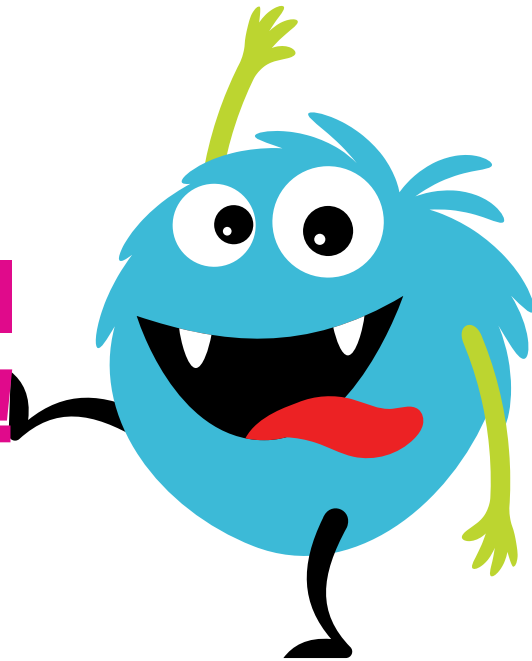


30-Day Goofiness Practice

Put a little goofiness into your life!

Be a goofball in training!!



How do you make a change or let go of something that's not working for you? One step at a time. And doing a little step for 30 days can help you really change! Welcome to the simple and easy happiness tool of a 30-day practice... with a goofy twist!

This is about trying something new, different, fun, or even crazy every day for 30 days. 30-day practices force you to do something every single day, even if that something is small. What matters is that a consistent action is taken, because small actions each day build behaviors and habits that stick.

Why 30 Days? To change anything we need to change our behavior—we can't simply think or imagine our way to a better life. We must develop new habits. Practicing for 30 days enables us to lay down new neuronal connections that support the change we most want to make.

Think about April. What can you do starting today, for 30 days, to put a little more goofiness into your life. Start small, like dancing to a fun and lively song every day. Or take a picture of you making a crazy face every day. Or visualize you being playful for 5 minutes every day.

Just do one thing. Don't overwhelm yourself. Then, you can start another 30-day practice. Start small and you might have the courage to try something bigger the next time.

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Write one goofy thing that you will commit to for the next 30-days.

