
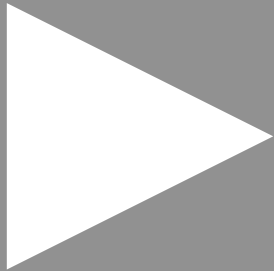


# DAY 3



 @Dream\_Chasers\_org

## TIME TO

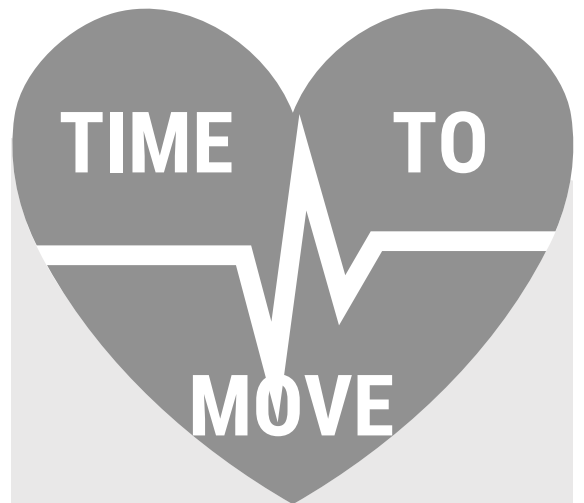


## PLAY

Get a napkin or a piece of paper and sit in a chair with your legs straight out in front of you. Balance the napkin or piece of paper on one of your feet. See how many times you can get the napkin or piece of paper from one foot to the other without using your hands or letting it drop.

## TALK ABOUT IT

Ask someone, "What is your most common negative thought?"



## BLOW YOUR MIND

What has a head but no body, a heart but no blood, and leaves but no branches?

Challenge a friend or a family member to see who can hold the plank position longer. It has to be good form (your body should be a straight line from your head to your heels). Need more of a challenge? Hold the plank position with one hand behind your back.