



LEARN A NEW FACT.
EAT SOMETHING HEALTHY.
WRITE DOWN YOUR GOALS AND DREAMS.
DO AN EXPERIMENT.
WATCH A DOCUMENTARY.
MAKE SOMETHING CREATIVE.
MAKE FOOD USING A RECIPE.
LEARN VOCABULARY
FROM A DIFFERENT LANGUAGE
DO AN OUTDOOR ACTIVITY.
DO AN INDOOR ACTIVITY.
LEARN A LIFE SKILL.
READ A BOOK OR MAGAZINE.
LISTEN TO AN AUDIOBOOK OR PODCAST.