

FOUNDATIONS DAY TWELVE ASSIGNMENT

Choose three of the following ten actions to complete in the next 36 hours.

- Switch the side of the bed you normally sleep on.
- Use a different bathroom in your home for your evening routine and your morning routine.
- Purchase a traditional greeting card and MAIL it to someone for no reason.
- Have one meal solely of foods you have never tried.
- Drive, walk or bike a different route two times.
- Give one compliment to three different strangers.
- Change your exercise routine (am instead of pm, yoga instead of weights or cardio, cardio or weights instead of yoga).
- Call someone you have not spoken with in over six months (keep calling & leave voice mail) this is not complete until you talk to them.
- If you have NOT posted on social media in the past six months- post a video or 3 photos of yourself.
- Purchase a small house plant and give it to a neighbor (home or work) you have not met or borrow something from the neighbor you have not met. Do the one that is more difficult for you.

Send proof of your actions to Crystal.