

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, creating a lush and energetic feel. The leaves are scattered across the page, with some overlapping the central dark green circle.

30 DAY challenge

DAY 2

Outdoor challenge

Go for a **WALK** and identify 5 things you are **GRATEFUL** for that you can see, smell, hear or touch within a 15-minute walk of your home. Try to notice one or all these things the next time you are outside.