

MAKE ME FEEL BETTER

ONE A DAY

HAUOLI · SOCIALLY
INSPIRED

Thirty small, low-stakes things. Check one off a day, skip freely, repeat the ones that worked.
None of this is a to-do list — it's a permission slip.

DAYS 1-15 · CLEAR THE DECKS

- ☐ **01** Delete 10 screenshots you absolutely do not need.
- ☐ **02** Unsubscribe from 3 emails you never open.
- ☐ **03** Write down one business thing you're making harder than it needs to be.
- ☐ **04** Text someone you've been thinking about.
- ☐ **05** Fix ONE annoying little thing on your website.
- ☐ **06** Buy or make yourself a coffee you're genuinely excited about.
- ☐ **07** Write down 3 things you've accomplished this year that you've already forgotten about.
- ☐ **08** Clean up your computer desktop. Not perfectly. Just better.
- ☐ **09** Put your out-of-office on BEFORE vacation instead of at the airport.
- ☐ **10** **VACATION RULE:** You are officially unavailable. Take the picture.
- ☐ **11** Try something you normally would've said "ehhh, probably not" to.
- ☐ **12** Get in the family photo instead of only taking it.
- ☐ **13** Buy the silly souvenir if it makes you ridiculously happy.
- ☐ **14** Notice one tiny detail somebody clearly put a lot of thought into.
- ☐ **15** Eat the thing. You're at Disney.

DAYS 16-30 · RE-ENTRY & RESET

- ☐ **16** Put your phone away for one whole experience.
- ☐ **17** Ask someone else what they want to do and just go along for the ride.
- ☐ **18** Take one photo purely because YOU want to remember it, not because it's content.
- ☐ **19** On the way home, write down your favorite completely insignificant moment.
- ☐ **20** **RE-ENTRY DAY:** Do NOTHING productive unless absolutely necessary.
- ☐ **21** Brain-dump everything floating around in your head.
- ☐ **22** Pick ONE thing from that list. Ignore the rest today.
- ☐ **23** Send the email, pitch, or follow-up you've been overthinking.
- ☐ **24** Look at one business system and ask: "Why do I still do it this way?"
- ☐ **25** Tell someone whose work you admire that you admire it.
- ☐ **26** Spend 20 minutes learning something simply because you're curious.
- ☐ **27** Get rid of 5 things you keep moving from place to place.
- ☐ **28** Do something creative that has absolutely no ROI.
- ☐ **29** Write down: What do I want MORE of in October? What do I want LESS of?
- ☐ **30** Choose one thing you're officially NOT taking with you into October.