

Do What's Good For You

by Crystal Turner © 5/11/2017

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| Watch the Sunrise | Be More Active | Get More Sunlight |
| Watch the Sunset | Be In Nature | Get More Sleep |
| Grow a Garden | Drink More Water | Say "I Love You" |
| Raise a Pet | Avoid Sugar | Speak Softly |
| Play in the Rain | Learn New Skills | Read the Bible |
| Play in the Snow | Learn New Arts | Read a Book |
| Read Aloud | Go For Walks | Date Your Spouse |
| Teach What You Know | Count the Stars | Bake and Cook |
| Ask More Questions | Be With Family | Eat More Greens |
| Listen More | Be With Friends | Eat More Fruit |
| Get Fresh Air | Go To Church | Show Respect |
| Go Explore | Make Amends | Learn to Shoot |
| Sing More | Write Some | Give a Gift |
| Smile More | Create Some | Get Ahead |
| Hug More | Help Some | Take a Bath |
| Kiss More | Donate Some | Make Your Bed |
| Laugh More | Pray More | Work Hard |
| Cry More | Play More | Be Honest |
| Save More | Volunteer | Try Harder |
| Shop Less | Rest | Do Your Best |