

Presented to inmates entering solitary confinement during the night before Ave

This one's
 easy 
 Avoid people -
 HIA HIA HIA

Will which is
217

Schedule play time into every day * Take a bubble bath * Stop saying negative things to
you make * Believe in yourself * Stop saying negative things to
yourself * Give a friend a hug * Develop your sense humor * Stop
thinking tomorrow will be a better day * Have goals for yourself * Dance a jig * Say
Breathe Look up at the

hello to a stranger * Visualize yourself * Listen to a symphony *
start * Practice breathing slowly * Learn to whistle a tune *
Watch a ballet * read a story curled up in bed * Do a brand new thing * Stop a bad
habit * Buy yourself a flower * Take time to smell the flower * Find support from
— right partner * **Do it today** * Work at being

—habit * Buy yourself a flower * Take time to smile at others * Ask someone to be your "vent partner" * **Do it today** * Work at being cheerful and optimistic * **Put safety first** * Do everything in moderation * Pay attention to your appearance * Strive for excellence, not perfection * Stretch your legs * Look at a work of art * Hum a jingle * Maintain your weight

* Plant a tree * Feed the birds * Practice grace under pressure * Stand up and
 "B" * Learn a new doodle * Memorize a joke * Be

stretch * Always have a plan "B" * Lean a new doodle * Memorize a joke * Be responsible for your own feelings * Lean to meet your own needs * **Become a** "good day" in Pig-Latin * Throw

responsible for your own feelings. Learn to love * Throw a better listener * Tell someone "have a good day" in Pig Latin * Get to work * a paper airplane * Exercise every day * learn the words to a new song * Go on a picnic * Play natty cake with a toddler * Go on a picnic *

a paper airplane * Exercise every day * Learn to cook * Go on a picnic early * Clean out one closet * Play patty cake with a toddler * Go on a picnic take a different route to work * Leave work early (with permission) and go to a * Remember you always have options * * Remember In your car * Remember you always have options * * Remember to "fix" other

- Put all freshener in your car
- Remember you always have options
- Quit trying to "fix" other people
- Freely praise other people
- Get enough sleep
- Talk less and listen more

people * Get enough sleep * Talk less and listen more * Relax, you

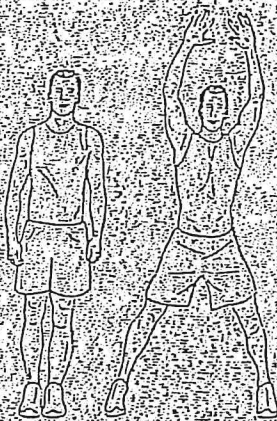
have the rest of your life

$$0 = \begin{pmatrix} y_1 & x \end{pmatrix}^T + \begin{pmatrix} x & 0 \end{pmatrix}^T$$

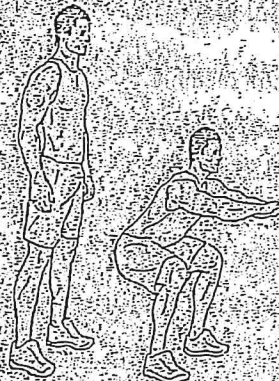
DAILY

BY DAREBEE © darebee.com

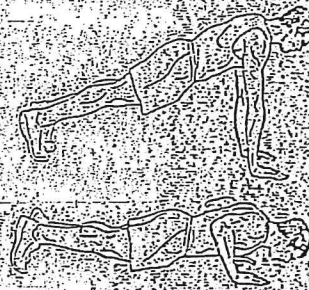
3 sets | up to 2 minutes rest between sets



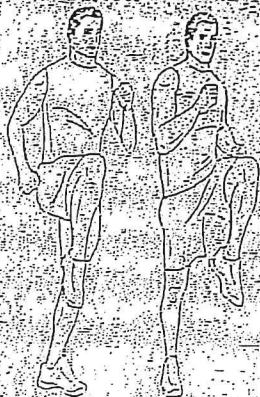
10 jumping jacks



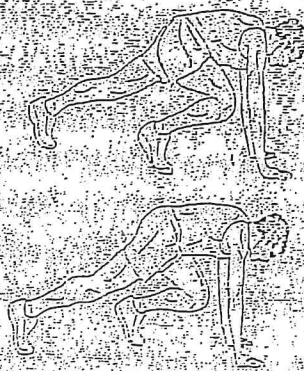
5 squats



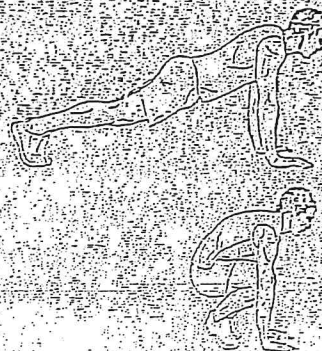
5 push-ups



10 high knees



10 climbers



5 plank jump-ins