

Insta-Worth

30 DAYS OF LIVING A RICH LIFESTYLE
WITH NO MONEY!

- WAKE UP WITH THE SUN
- DECLUTTER ONE DRAWER
- WALK BAREFOOT IN GRASS
- DRESS LIKE YOU'RE MEETING SOMEONE IMPORTANT
- DRINK 8 GLASSES OF WATER
- MAKE YOUR BED LIKE A HOTEL ROOM
- WRITE 3 THINGS YOU'RE PROUD OF
- DANCE FOR 15 MINUTES
- DO A FREE AT-HOME WORKOUT
- AIR DRY YOUR HAIR & GO MAKEUP-FREE
- STRETCH FOR 10 MINUTES
- SMILE AT STRANGERS
- TAKE A LONG, LUXURIOUS SHOWER
- WEAR YOUR FAVORITE OUTFIT
- CALL A FRIEND JUST TO ENCOURAGE THEM

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- COMPLIMENT 3 PEOPLE TODAY
- PRACTICE POWER POSTURE FOR 2 MINUTES
- START A GRATITUDE PHOTO ALBUM ON YOUR PHONE
- HOST A ZERO-COST "COFFEE DATE" AT HOME
- WRITE A THANK-YOU NOTE
- JOIN A FREE LOCAL MEETUP OR ONLINE GROUP
- SPEND 30 MINUTES LEARNING SOMETHING NEW
- READ FOR PLEASURE
- UNFOLLOW 10 ACCOUNTS THAT DRAIN YOU
- CREATE A NIGHTTIME RITUAL
- FAST FROM COMPLAINING FOR ONE DAY
- SPEND TIME IN NATURE
- PLAN YOUR WEEK IN 20 MINUTES
- MAKE A BEAUTIFUL DINNER PLATE FROM WHAT YOU HAVE
- REARRANGE A ROOM FOR A FRESH LOOK

