15-MINUTE MAGIC EXPERIMENTS CHECKLIST

Use this checklist to mark off each of the 15-minute experiments as you complete them.

1. Excuse yourself from your life for a day
2. It’s the little things
3. Focus on your fabulous
4. Your wish list
5. Find your failures
6. Today is special
7. Create an uplifting Playlist
8. Ask for help
9. Heartfelt thanks
10. It’s your choice
11. Be proactive
12. Be your own best friend
13. Let it go
14. Playtime
15. Pay yourself first
16. Love bomb
17. Have you finished
18. Book it in
19. The Momentum Map™
20. Tackle that hotspot
21. Do something (you think) you’re hopeless at
22. Lean in to joy
23. Pick your battles
24. You’re one of a kind
25. When less is more
26. Create a memory jar
27. Use it or lose it
28. Get some perspective
29. Just the next step
30. Ho’oponopono
31. Pick your path
32. Stuff
33. Strike a pose
34. Pay it forward
35. Name your adventures