

Mini Challenge

Easter Eggs



This week, you're invited to hunt for small moments of good, ease, and joy. There are little "eggs" - small wins, funny moments, tiny sparks of joy, etc. - hiding in plain sight waiting to be found.

Complete this festive mini challenge by choosing 10 "eggs" to hunt for this week. No baskets required.

Hunt for a Win

- ☐ Something you completed
- ☐ A task that went smoother than expected
- ☐ A problem you solved
- ☐ A moment you handled better than you used to

Hunt for a Smile

- ☐ A funny moment
- ☐ A kind interaction
- ☐ Something unexpectedly pleasant
- ☐ A moment of laughter or lightness

Hunt for Ease

- ☐ A shortcut or helpful tool
- ☐ Someone who lightened your load
- ☐ A meeting that ended early
- ☐ A decision that didn't need overthinking

Hunt for Gratitude

- ☐ A person
- ☐ A moment
- ☐ A resource
- ☐ A part of your routine you usually overlook

Hunt for Fun

- ☐ Something that sparks joy
- ☐ Something that excites you about spring
- ☐ Something unexpectedly delightful
- ☐ A really good snack