

La Dolce Vita

BAKING CHALLENGE CHECK LIST

- GO ON A WALK WITHOUT HEADPHONES
- MAKE COFFEE WITH ITALIAN MOKA
- TAKE CARE OF PLANTS
- PET A RANDOM DOG & CHAT W/ OWNER
- MAKE SMALL TALK WITH NEIGHBOR
- BREATHE & OBSERVE NATURE
- LEARN NEW NAMES & SAVE IN PHONE
- DO ART: WATERCOLOR, SKETCH, ETC
- GRATITUDE JOURNAL
- COOK OR BAKE W/ TUNES
- SHARE SOMETHING YUMMY W/ NEIGHBORS
- WATCH THE SUNSET, MOON, & STARS
- TAKE AT LEAST 6 DEEP BREATHS
- BONUS: _____