



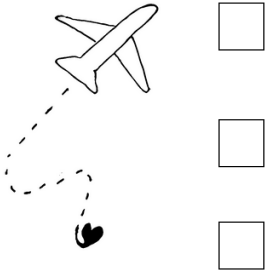
Miss Rumphius

BEAUTIFUL LIST

Use this checklist as a reminder of how you can make the world more beautiful, like Miss Rumphius!

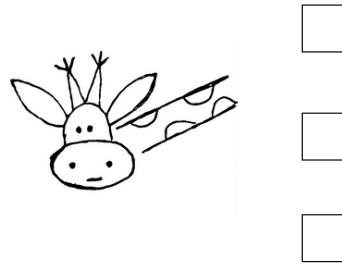
Jot down:

3 places you'd like to travel



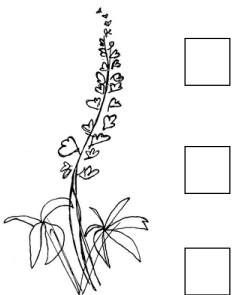
Jot down:

3 people who are beautiful to you



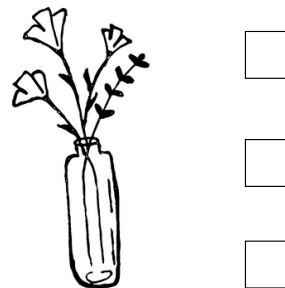
Jot down:

**3 ways you can make
the world more beautiful**



Jot down:

3 ways you get inspired





HOW DO WE MAKE THE WORLD MORE BEAUTIFUL? TAKE A FIRST STEP.

HERE ARE SOME IDEAS TO SPARK YOUR JOURNEY!

- Spend time with family (even the ones that bother you!)
- Volunteer at a nursing home (and bring cookies)
- Pick up trash
- Native plant seed pods
- Help someone discover their passion (start with your kids)
- Write a letter to a friend
- Plant a garden (while blasting your favorite music)
- Volunteer at a soup kitchen
- Write a song (and then sing it in an accent!)
- Cook a meal for a friend
- Say 'I love you' more (and then some more)
- Plant a tree (and give it a name!)
- Forgive someone (you know who)
- Write down your biggest dream (and tell someone about it)
- Turn a technology device off for a whole day
(and be present to the natural notifications
of the world)
- Play outside even more (every single chance you
can get)

