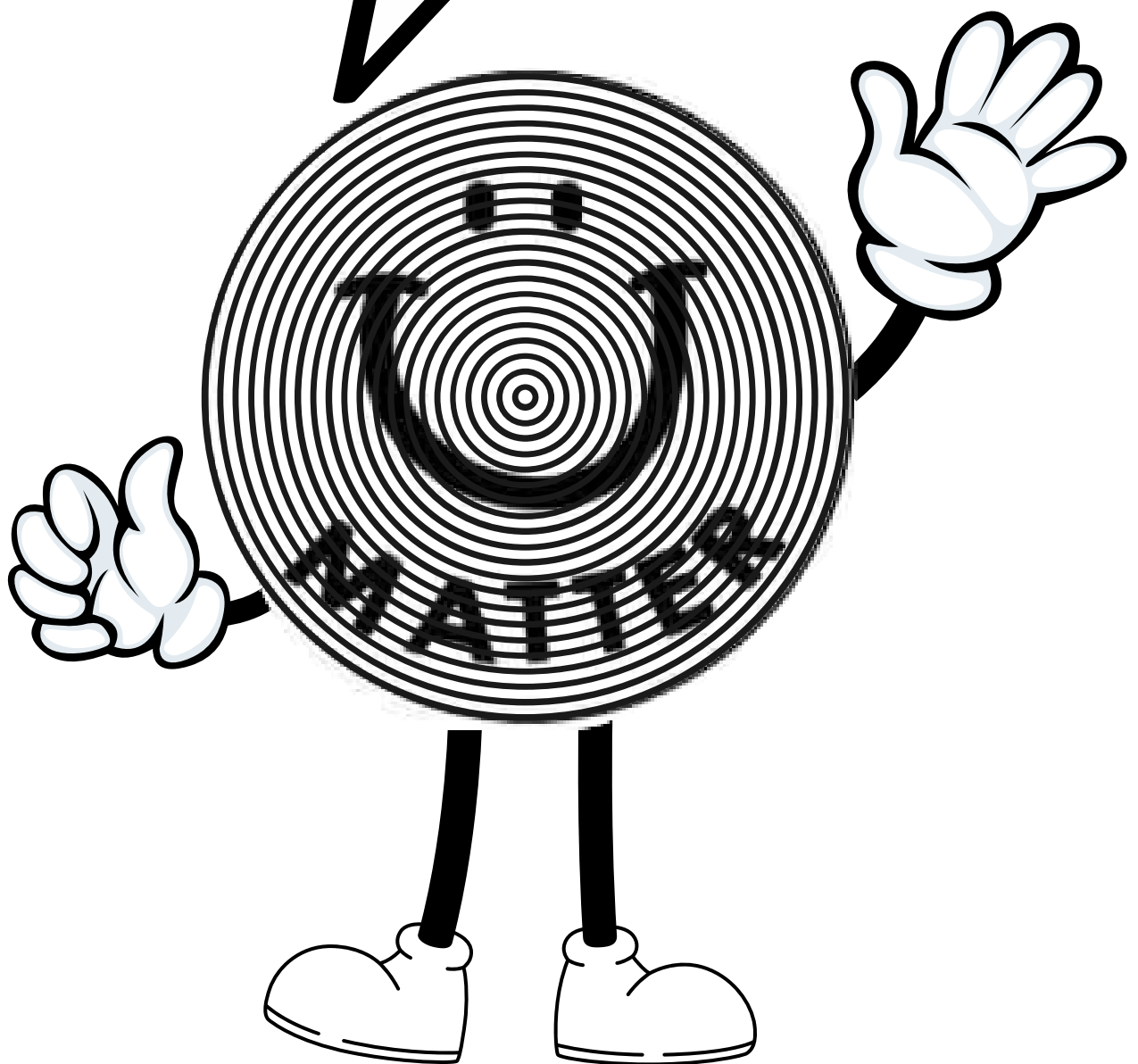


UMatter Challenge

There are 21 circles on my body.
Each time you do or say something to let someone know
that they matter, you can colour one of the circles in.
Can you colour me by the end of March?



The 21/90 rule states that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change. ... Commit to your goal for 21 days and it will become a habit. Commit to your goal for 90 days and it will become a part of your lifestyle.

I'm asking you to make U Matter a lifestyle change.

(<https://www.activeiron.com/2020/01/10/the-21-90-rule-make-life-better/>)