**August 2020 Mini Challenge – Litter Bug**

*Keep your neighborhood clean.*

The “Litter Bug” Mini Challenge invites you to make the world a cleaner place by picking up one piece of trash for 21 out of the next 31 days. You can pick up more trash each day if you want to, but you only need to pick up one item to get credit for the day. The goal is to make it a habit, not just a one-time major cleanup day. Pick up trash that has blown into your yard – before it blows into someone else’s yard! Bring a bag to collect trash when you walk in your neighborhood. Pick up something in the parking lot as you head into work or a store. Every little bit makes a difference. *Always wash your hands thoroughly with soap and running water for at least 20 seconds after picking up trash. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.*

In addition to the obvious benefits of making your surrounding nicer for yourself and others, this habit can help you in other ways. As you search for trash to pick up, it will help you focus on what you can do for the world instead of what the world can do for you. This mindset makes life easier to traverse and can make you feel more successful overall. Pick up a little trash, help the world, and help yourself.

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