

# 30-DAY Empowerment CHEAT SHEET



- 01 Challenge negative thoughts
- 02 Start a to-do list
- 03 Do some exercise
- 04 Be present in the moment
- 05 Do some deep breathing
- 06 Do some yoga
- 07 Create a bedtime routine
- 08 Share your feelings with someone
- 09 Eat a healthy, balanced diet
- 10 Try some volunteering
- 11 Be active outdoors
- 12 Do something that makes you happy
- 13 Take regular breaks during the day
- 14 Take some time for yourself
- 15 Do something you enjoy
- 16 Take a break from social media
- 17 Develop a good support network
- 18 Be aware of your feelings
- 19 Write 3 things you've achieved
- 20 Be active throughout your day
- 21 Share your feelings with someone
- 22 Do a guided meditation
- 23 Write in your journal
- 24 Do some deep breathing
- 25 Unplug from all technology
- 26 Meet up with your friends
- 27 Write a gratitude log
- 28 Challenge negative thoughts
- 29 Switch off from social media
- 30 Take some time for self care