



30 DAY

WELLNESS CHALLENGE

INVEST IN A JOURNAL	WRITE A LIST OF GOALS	SMILE AT A STRANGER	GET 8 HOURS OF SLEEP	WATCH A TED TALK
CREATE A BUCKET LIST	EAT A DELICIOUS SNACK	WRITE YOURSELF A GRATITUDE NOTE	WATCH A SUNSET	OPEN A DOOR FOR A STRANGER
TRY A NEW RECIPE	DO A SOCIAL MEDIA DETOX FOR A DAY	SUPPORT A LOCAL BUSINESS	TALK TO A FRIEND	WRITE A JOURNAL ENTRY
GO FOR A MASSAGE	DO A FUN ACTIVITY	BED BY 10PM	DECLUTTER ONE AREA OF SPACE	MEDITATE FOR A MIN. OF 10 MINUTES
DO A WORKOUT	GO FOR A WALK	HAVE A WARM BATH	DRINK 8 GLASSES OF WATER	CREATE YOUR OWN
STRETCH YOUR BODY	ENJOY YOUR FAVORITE TREAT	WAKE UP ON FIRST ALARM	LISTEN TO A NEW PODCAST	LISTEN TO MUSIC