



30 Day Wellness Challenge

Write a thank you note to someone who has made a difference in your life	Spend 10 minutes tidying up your room or personal space	Take a short walk around your neighborhood	Call a friend, family member, or loved one just to chat	Listen to your favorite music
Give yourself a compliment	Try a 5-minute meditation exercise	Spend 10 minutes outside in the sun	Compliment three different people	Catch up with a friend you haven't spoken to in a while
Drink 8 glasses of water a day	Tell someone in your life that you appreciate them and why	Write a letter to your future self	Stretch your body for 10 minutes	Learn something new
Try something new or visit a new place	Unplug from social media for the day	Do a relaxing, engaging hobby like knitting, coloring, or doing a puzzle	Make your favorite meal for dinner	List 3 things you love about your life
Journal or write out your thoughts for 10 minutes	Watch a movie you love	Spend the day with friends or loved ones	Try intentional breathing or a deep breathing exercise	Slow down and appreciate your surroundings
Go to bed an hour earlier than usual	Have a cup of your favorite tea or coffee	Volunteer in your community	Read a book or listen to an audiobook for 30 minutes	Cross something off your to-do list