



30 Day Happiness Challenge

1 Nature	2 Give a Gift	3 Dance	4 The 8 dimensions of Wellness	5 Meditate
6 Affirmations	7 Clean & Tidy	8 No Social Media for a day	9 Breathing techniques	10 Music
11 Direct Sunlight	12 Yoga	13 Take Free Wellness Test	14 Get Creative	15 Healthy Eating
16 Explore	17 Uplifting Movie	18 Connect with your Inner Child	19 Plant Seeds	20 Listen to the Birds
21 Hug Someone	22 Watch the Sunset	23 List 10 Positive Attributes	24 Play with Animals	25 Exercise for 20 minutes
26 Inspirational Podcast	27 Make Food From Scratch	28 Spend time with Someone You Love	29 Visit Water	30 Journal



For more 30-day challenges and a Free Wellness Test, visit
SunInMe.org

