



# 30-Day Wellness Challenge for more Health and Happiness

- |                                  |                               |  |                                      |                                   |
|----------------------------------|-------------------------------|--|--------------------------------------|-----------------------------------|
| 1<br>Tidy up your personal space | 2<br>List your future goals   | 3<br>Write things you are grateful for | 4<br>Get moving                      | 5<br>Meditate                     |
| 6<br>Watch the sunrise           | 7<br>Volunteer or help others | 8<br>Keep a journal                    | 9<br>Listen to your favorite music   | 10<br>Prepare a healthy breakfast |
| 11<br>Set your financial goals   | 12<br>Go offline for a day    | 13<br>Pay someone a compliment         | 14<br>Do some recycling              | 15<br>Get creative                |
| 16<br>Call someone you love      | 17<br>Play a game             | 18<br>Practice yoga                    | 19<br>Switch up your morning routine | 20<br>Just breathe                |
| 21<br>Cook a healthy meal        | 22<br>Read a book             | 23<br>Share an uplifting message       | 24<br>Go to bed an hour earlier      | 25<br>Learn something new         |
| 26<br>Decorate a space           | 27<br>Take a walk outdoors    | 28<br>Soak in a long, hot bath         | 29<br>Meet a friend                  | 30<br>Treat yourself              |



For more 30-day challenges and a Free Wellness Test, visit [SunInMe.org](http://SunInMe.org)

