

Wellness Challenge



30-Day Wellness Challenge for more Health and Happiness

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



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

