

# 30 Day *Wellness* Challenge

Day 1: Go for a walk or hike	Day 2: Spend an entire day unplugged from technology	Day 3: Call a friend you haven't spoken to in a while	Day 4: Write a gratitude list	Day 5: Fix yourself a balanced meal and savor it slowly
Day 6: Cuddle with your pet	Day 7: Hug someone	Day 8: Drink some herbal tea	Day 9: Write a thank you letter	Day 10: Listen to classical music
Day 11: Do a craft / Create something	Day 12: Exercise or stretch	Day 13: Light an aromatherapy candle	Day 14: Start a journal and pen your thoughts	Day 15: Soak in a candlelit bathtub
Day 16: Do a random act of kindness	Day 17: Drink 64 oz of water	Day 18: Read a book	Day 19: Doodle or color in an adult coloring book	Day 20: Book a massage
Day 21: Simplify or declutter a space that gives you anxiety	Day 22: Give yourself a homemade facial	Day 23: Visit a Farmers Market	Day 24: Learn a new healthy recipe	Day 25: Go play or relax outside
Day 26: Pray or Meditate	Day 27: Get extra sleep	Day 28: Make a list of the things you did well today	Day 29: Spend intimate time with a partner	Day 30: Treat yourself to something you always deny yourself

