# Day 1

. WRITE DOWN WHAT YOU WANT TO GET OUT OF THE NEXT Y WEEKS.

# **Day 2**

. WHAT ARE YOUR TOP THREE INTENTIONS FOR THE DAY AND HOW CAN YOU ACHEIVE THEM?

# <u>Day 3</u>

. TRY A GUIDED MEDITATION VIDEO ON YOUTUBE

# Day 4

· CATCH UP WITH A FRIEND

#### <u>Day 5</u>

• HOW HAVE YOUR MENTAL HEALTH STRUGGLES MADE YOU A STRONGER PERSON?

## **<u>Day 6</u>**

· DONATE OR RECYCLE SOMETHING YOU NEVER USE

## <u>Day 7</u>

• PLAN A NIGHT IN WITH FRIENDS

# **<u>Day 8</u>**

· START A GRATITUDE JOURNAL.

### **<u>Day 9</u>**

· SET TWO GOALS YOU WOULD LIKE TO ACHIEVE DURING THIS CHALLENGE

# **Day 10**

· NO COMPLAINT DAY

## **Day 11**

• TRY A 10-MINUTE GUIDED MEDITATION OFF YOUTUBE

### **Day 12**

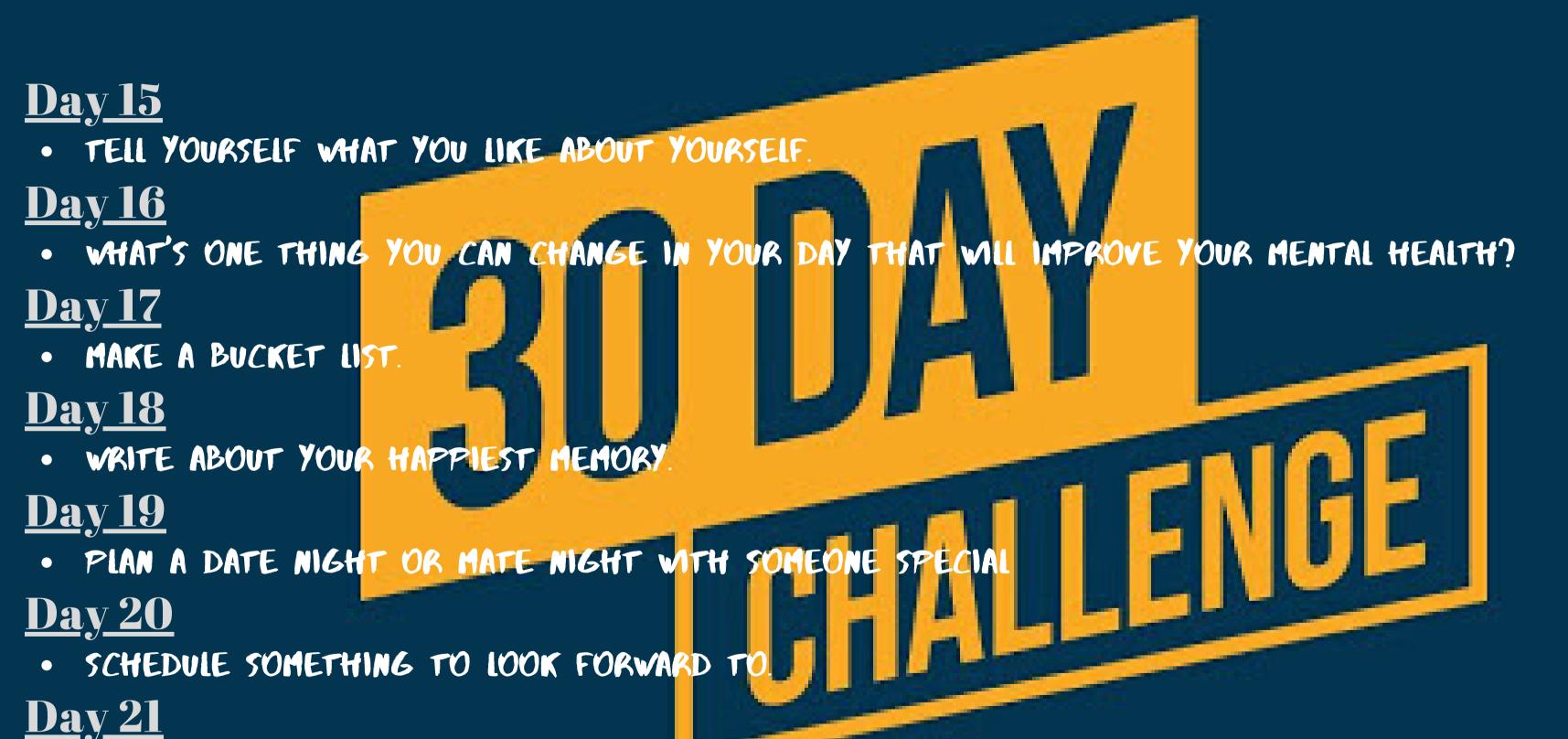
· COMPLIMENT SOMEONE

#### **<u>Day 13</u>**

· SAY NO TO SOMETHING.

### **Day 14**

WRITE A LETTER TO YOUR FUTURE SELF WITH HOPES AND POSSIBLE ACHIEVEMENTS.



• TAKE 30 MINUTES TO READ UP ON SOMETHING YOUR INTERESTED IN.

