

Rob's 28 Day Mental Wellness Challenge

Day 1

- WRITE DOWN WHAT YOU WANT TO GET OUT OF THE NEXT 4 WEEKS.

Day 2

- WHAT ARE YOUR TOP THREE INTENTIONS FOR THE DAY AND HOW CAN YOU ACHIEVE THEM?

Day 3

- TRY A GUIDED MEDITATION VIDEO ON YOUTUBE.

Day 4

- CATCH UP WITH A FRIEND.

Day 5

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

Day 6

- DONATE OR RECYCLE SOMETHING YOU NEVER USE.

Day 7

- PLAN A NIGHT IN WITH FRIENDS

30 DAY

CHALLENGE

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Day 8

- START A GRATITUDE JOURNAL.

Day 9

- 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.

Day 13

- SAY NO TO SOMETHING.

Day 14

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

30 DAY

CHALLENGE

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Day 15

- TELL YOURSELF WHAT YOU LIKE ABOUT YOURSELF.

Day 16

- WHAT'S ONE THING YOU CAN CHANGE IN YOUR DAY THAT WILL IMPROVE YOUR MENTAL HEALTH?

Day 17

- MAKE A BUCKET LIST.

Day 18

- WRITE ABOUT YOUR HAPPIEST MEMORY.

Day 19

- PLAN A DATE NIGHT OR MATE NIGHT WITH SOMEONE SPECIAL

Day 20

- SCHEDULE SOMETHING TO LOOK FORWARD TO.

Day 21

- TAKE 30 MINUTES TO READ UP ON SOMETHING YOU'RE INTERESTED IN.

30 DAY

CHALLENGE

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Day 22

- WATCH A YOUTUBE VIDEO ON MINDFULNESS.

Day 23

- WHAT ARE YOUR TOP THREE INTENTIONS FOR TODAY?

Day 24

- SCHEDULE A GAME NIGHT.

Day 25

- GET UP A HOUR EARLIER AND GO FOR A WALK.

Day 26

- WRITE 10 THINGS THAT OTHER PEOPLE LIKE ABOUT YOU.

Day 27

- TELL SOMEONE YOU LOVE THEM

Day 28

- WRITE ABOUT YOUR JOURNEY OVER THE LAST 28 DAYS.

30 DAY

CHALLENGE

YOU DID IT!