

WELLNESS



30 DAY WELLNESS CHALLENGE

1 Random kindness Volunteer Meditate	2 Learn new skill Gratitude list Pay a compliment	3 Walk or hike Drink more h2O Watch less TV	4 Paint or cook Call a friend Plan staycation	5 Play outside Happy memory Write Thank You
6 Take a bath Walk barefoot Laugh out loud	7 Doodle Try Yoga Read a book	8 Digital detox Virtual party Meatless day	9 Try new fruit Favorite exercise Listen to podcast	10 Take a nap Plan a picnic Mindfulness (work & home)
11 Organize desk Buy flowers Ride a bike	12 Look at the sky Inspiring quote Dance	13 List 5 goals Veg out* <small>http://vegtogether.org/#how-to-veg</small>	14 Plant a garden Praise family Be silly	15 Thank a stranger Breathe Take a walk
16 Enroll in a class Jump rope Forgive someone	17 Plan a party 10 compliments Find new hobby	18 Write a poem Watch a sunset Skip thru town	19 Hug a loved one Smile all day Walk 30 minutes	20 Pay it forward Explore a park Write a story
21 List your strengths Join a book club Mentor someone	22 Celebrate fall Buy a treat Listen to a friend	23 Explore cultures Walk a new path Hug your family	24 Watch a comedy Join a virtual club Walk your dog	25 Set wellness goal Daydream Call a neighbor
26 Be generous Get more sleep Reflect on day	27 Do a body scan Host zoom lunch Power walk	28 Start journaling Ride a scooter Play music	29 Self Compassion Love Post-it notes Loving kindness meditation	30 Time alone Get a massage Family fitness

www.yogasweetspot.com

