CHOOSE YOUR CHALLENGE!

20 DAY CHALLENGE TO SUPPORT YOUR WELLBEING

TAKING CARE OF YOUR WELLBEING IS ESSENTIAL TO STAYING PHYSICALLY, MENTALLY AND EMOTIONALLY HEALTHY.

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

- [ ] 1. GO FOR A LONGER WALK;
- [ ] 2. MAKE BALANCED MEALS;
- [ ] 3. HAVE A SPA DAY;
- [ ] 4. MAKE A GRATITUDE LIST;
- [ ] 5. BUY FLOWERS;
- [ ] 6. DO A GOOD DEED;
- [ ] 7. PREPARE YOUR DREAM BOARD;
- [ ] 8. MAKE A LIST OF THINGS THAT CONTRIBUTE TO YOUR WELL-BEING;
- [ ] 9. WRITE A LOVE LETTER TO YOURSELF;
- [ ] 10. MAKE A DANCE PARTY FOR YOURSELF;
- [ ] 11. TRY MEDITATION;
- [ ] 12. WRITE DOWN 5 INSPIRATIONAL QUOTES;
- [ ] 13. UNPLUG YOUR PHONE AT LEAST FOR THE EVENING;
- [ ] 14. MAKE SOME GRATED FRUIT TEA AND READ A BOOK;
- [ ] 15. MAKE A LIST OF THE 10 BEST THINGS THAT HAPPENED TODAY;
- [ ] 16. DRINK AS MUCH WATER AS POSSIBLE;
- [ ] 17. MAKE A WISH LIST FOR THE COMING YEAR;
- [ ] 18. WATCH YOUR FAVOURITE FILM;
- [ ] 19. GET YOUR HOUSE IN ORDER;
- [ ] 20. BUY YOURSELF SOMETHING YOU REALLY WANTED;