



30-Day Wellness Challenge

for more Health and Happiness

1

Tidy up your personal space

2

List your future goals

3

Write things you are grateful for

4

Get moving

5

Meditate

6

Watch the sunrise

7

Volunteer or help others

8

Keep a journal

9

Listen to your favorite music

10

Prepare a healthy breakfast

11

Set your financial goals

12

Go offline for a day

13

Pay someone a compliment

14

Do some recycling

15

Get creative

16

Call someone you love

17

Play a game

18

Practice yoga

19

Switch up your morning routine

20

Just breathe

21

Cook a healthy meal

22

Read a book

23

Share an uplifting message

24

Go to bed an hour earlier

25

Learn something new

26

Decorate a space

27

Take a walk outdoors

28

Soak in a long, hot bath

29

Meet a friend

30

Treat yourself



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Best Health Ideas I Know

S Ashworth



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