

30 Day Mental Well Being Challenge

Tick them off when completed



Day 1 Wake up 30 mins earlier <input type="checkbox"/>	Day 2 Create a mood boosting playlist <input type="checkbox"/>	Day 3 Try a breathing exercise <input type="checkbox"/>	Day 4 Go for a walk <input type="checkbox"/>	Day 5 De-clutter your inbox <input type="checkbox"/>	Day 6 Check in on a friend <input type="checkbox"/>
Day 7 Eat Healthy for the day <input type="checkbox"/>	Day 8 Note 3 things you're grateful for <input type="checkbox"/>	Day 9 Spend 20 mins outside <input type="checkbox"/>	Day 10 No TV night <input type="checkbox"/>	Day 11 Go to bed early <input type="checkbox"/>	Day 12 Start a book <input type="checkbox"/>
Day 13 Try practicing mindfulness <input type="checkbox"/>	Day 14 Cook dinner <input type="checkbox"/>	Day 15 'Unplug' for 1 hour <input type="checkbox"/>	Day 16 Do a social media detox <input type="checkbox"/>	Day 17 Plan your next Holiday <input type="checkbox"/>	Day 18 Open up about something on your mind <input type="checkbox"/>
Day 19 Listen to a friend <input type="checkbox"/>	Day 20 Do 15 mins of exercise <input type="checkbox"/>	Day 21 Watch something funny <input type="checkbox"/>	Day 22 Face time with family/friends <input type="checkbox"/>	Day 23 Schedule something fun <input type="checkbox"/>	Day 24 Drink only water today <input type="checkbox"/>
Day 25 Set a mini goal <input type="checkbox"/>	Day 26 Compliment someone <input type="checkbox"/>	Day 27 Have a news free day <input type="checkbox"/>	Day 28 Observe the world around you <input type="checkbox"/>	Day 29 Do something creative <input type="checkbox"/>	Day 30 Celebrate how far you've come! <input type="checkbox"/>