

30 DAY wellness challenge

<p>Practice a breathing technique.</p>  <p>1</p>	<p>Treat yourself to a skin care treatment</p> <p>2</p>	<p>Make homemade applesauce</p> <p>3</p>	<p>Write in a journal something you love about yourself</p> <p>4</p>	<p>Go for a nature walk and pay attention to the sounds you hear</p> <p>5</p>	<p>Try a new recipe</p>  <p>6</p>
<p>Schedule a doctor's appointment you've been putting off</p> <p>7</p>	<p>Create (or update) your household budget</p> <p>8</p>	<p>Call a friend you haven't spoken to in a while</p> <p>9</p>	<p>Write in a journal how you were awesome today</p> <p>10</p>	<p>Start a savings plan for a trip you want to take</p> <p>11</p>	<p>Sleep in</p> <p>12</p>
<p>Make a list of 25 things you love.</p> <p>13</p>	<p>Visit a bookstore and buy a book NOT about teaching</p> <p>14</p>	<p>Write a note to a friend letting them know what you appreciate about them</p> <p>15</p>	<p>Journal about 1 thing you were grateful you got to witness today</p> <p>16</p>	<p>Make a craft to decorate your home</p> <p>17</p>	<p>Eat a food that reminds you of your childhood</p>  <p>18</p>
<p>Set an intention for the week</p>  <p>19</p>	<p>Watch the sun set</p> <p>20</p>	<p>Color to relax</p>  <p>21</p>	<p>Journal about the greatest feeling you've ever had</p> <p>22</p>	<p>Exercise for 30 minutes</p> <p>23</p>	<p>Attend a community event</p> <p>24</p>
<p>Clean a closet and donate what you don't need to charity</p> <p>25</p>	<p>Bake cookies and share with a neighbor</p> <p>26</p>	<p>Name 3 things you love doing and 1 thing you want to try.</p> <p>27</p>	<p>Write in a journal about your most prized possession</p> <p>28</p>	<p>Play a game with a loved one</p>  <p>29</p>	<p>Get together with a family member or a friend for coffee</p> <p>30</p>