



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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National Wellness 30 Day Calendar 2013

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