

# 30 DAYS OF WELLNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SET 3 GOALS TO ACHIEVE IN THE NEXT 30 DAYS	MAKE A WORKOUT PLAYLIST	FIND A MANTRA THAT EXCITES + MOTIVATES YOU	WEAR LIPSTICK OR LIPGLOSS TODAY	MAKE A SMOOTHIE FOR BREAKFAST	DRINK HALF YOUR BODYWEIGHT IN OUNCES	SPEND 10 MINUTES OR MORE OUTSIDE
LIST 3 THINGS YOU ARE THANKFUL FOR	FIND AN AFFIRMATION + REPEAT 10X	TRY A NEW RECIPE FOR DINNER	DECLUTTER A ROOM OR SURFACE IN YOUR HOME	SPEND 10 MINUTES OR MORE OUTSIDE	LISTEN TO AN INSPIRATIONAL PODCAST	PUT ON A SASSY PAIR OF SHOES
GO TO BED 30 MINS EARLIER THAN NORMAL	TAKE A SHORT WALK AFTER DINNER	READ 10 PAGES OF A BOOK	TAKE A BIT LONGER TO STYLE YOUR HAIR	GET RID OF 3 THINGS YOU NEVER USE	ENJOY A SPECIAL DRINK	TEXT A FRIEND SOMETHING SWEET
TAKE A RELAXING BATH	ADD FRUIT TO YOUR BREAKFAST	LISTEN TO A 5 MINUTE GUIDED MEDITATION	WAKE UP 10 MINS EARLIER TO DO SOMETHING FOR YOURSELF	WALK UP + DOWN THE STAIRS 3X	TAKE A SPECIAL PHOTO WITH YOUR LITTLE ONE	ADD AN EXTRA VEGGIE TO A MEAL
CUT YOUR CAFFEINE DOWN A BIT TODAY	TREAT YOURSELF TO SOMETHING YOU'VE BEEN WANTING					