

WELLBEING CHALLENGE

me day Monday	movement Tuesday	Creativity Wednesday	Health Thursday	Fun Friday	Community Saturday	Relax Sunday
Time to shine	Move	Try smth new	Healthy food	Make 5 people laugh	See loved ones	Off internet
Ask for help	Nature / park	Arts & Crafts	Water	Play	Reconnect with somebody	Meditation
Write something positive	Walk & Talk	Go for unexpected	Sleep	Dance!	Write a letter	10 minutes of nothing
Do something you postpone	Clean your place	Recycle & reuse	Medical check-up	Hobby	Teach something to somebody	Preparation
Reflection day	Learn a new dance move	Find your motto 			JOKER 	JOKER 

Week 1

- 1. E.g. put on your best clothes, make up, do smth that makes you feel good**
- 2. Any physical activity (walk, workout, cycle to work)**
- 3. Take the opportunity to try a new lunch spots, a new flavour for a product you like, read a new book**
- 4. Cook something healthy (vegetables, look up for a recipe)**
- 5. Prepare your best jokes**
- 6. -**
- 7. Try to disconnect and limit your internet and screen time - set your own goal!**

Week 2

- 1. Ask for help for a task that you've been struggling to do lately**
- 2. Spend some time in the nature (outdoor activity, walk, run, read in a park)**
- 3. Draw, color, or build something - discover your inner artist!**
- 4. Make sure to drink enough water today (at least 1,5L, more in your bodyweight is higher)**
- 5. Play a game, from trivial games to sudoku, or invent a game when going out**
- 6. Call, text, or write to somebody you haven't seen for a long time (no ex's allowed)**
- 7. Meditate**

Week 3

- 1. Write the positive news that you hear during the day**
- 2. Walk and talk - bring a friend!**
- 3. Go for the unexpected - get out of your comfort zone and be open to new opportunities**
- 4. Sleep enough - aim for 8 hours if you can**
- 5. Dance, dance, dance !**
- 6. Write a letter to somebody, and feel free to send it or not**
- 7. Put a timer, and do nothing for 10 min**

Week 4

- 1. Do something you have been postponing for a long time (answer texts & emails)**
- 2. Clean your place with energy**
- 3. Recycle an object, and find a new usage to it ! It can be clothes, bags...**
- 4. Make a medical appointment - take care of your health**
- 5. Dedicate time to one of your hobbies**
- 6. Teach something to somebody and help them grow and learn! Feel useful ;-))**
- 7. Make a to-do list to know what your goals are for the next few weeks - feel free to also do a 'done list' and remember your (big or small) achievements**

Week 5

- 1. Take time to reflect on this challenge, and look back at all you've done this month! Be proud!**
- 2. Learn a new dance move**
- 3. Find your motto 🔥**

JOKER x2 : use your jokers for when you don't feel like doing the daily challenge, or when your day is hard enough without it already ;-))