

Monthly Challenge

The monthly wellbeing challenge

MENTAL HEALTH	PHYSICAL ACTIVITY	HEY, CHILL	SELF-CARE	GET SOCIAL	CHALLENGE YOURSELF	TIME FOR FUN
1 Write about 7 things you're grateful about and feel it	2 Do a 15' mobility workout	3 Sit on a bench and observe your surroundings for 10'	4 Cook a meal with at least 3 different vegetables in it	5 Have dinner with a friend outside or at your place	6 Do some outdoor physical activity for 1.5h: hike, walk, bicycle	7 Go to an art gallery or museum REFLECT OVER THE WEEK
8 Practice 5' of box breathing in the AM and PM	9 Get 10'000 steps in, outside or inside	10 Lie in bed while listening to rain or waves sounds for 10'	11 Drink at least 2l of water	12 Hug someone or hug a pillow for 3'	13 Compliment 3 strangers	14 Movie night with some homemade snacks REFLECT OVER THE WEEK
15 Watch a candle for 10', describe it using your 5 senses, be present.	16 Do a 15' yoga or pilates session before the day starts	17 During dinner, chew each bite 20 times and use no distractions	18 No screens until 12pm today	19 Go for a 1 hour walk with a friend	20 Try a new coffee place alone, if possible sit outside and be present	21 Spend the day in a city/village you haven't been to before REFLECT OVER THE WEEK
22 Set 4 random alarms along the day, and see how you are feeling and what you're thinking	23 Prepare a playlist of your favourite songs and dance for 15'	24 Go to bed before 10.30pm	25 Get a 20' massage - ask your partner, a friend or DIY	26 Call a person you love and tell that why you love them	27 Cook a dish from a cuisine you've never tried: Pakistani, Congo or Bulgaria	28 Invite your partner or a friend on a date, be creative REFLECT OVER THE WEEK
29 Look in the mirror for 3' and give a high-five to yourself after	30 Do a 20' full body workout, pick the intensity	31 Take a 20' nap in the afternoon	 			

YOU ARE A SUPERSTAR!