

31-DAYS FOR WELLNESS Challenge

01.

Make yourself accountable: tell someone you're attempting this challenge

02.

Go for a walk in nature, take time to notice the change in season

03.

Keep hydrated: drink at least 6-8 glasses of water today

04.

Sleep well: have an early night & turn-off screens 1-hr before

05.

Take the stairs: avoid using lifts/escalators. Stand up for longer

06.

Cook from scratch: eat a non-processed meal

07.

Exercise for 30 minutes (your choice of activity)

08.

Stand up every 50 minutes for a quick walk or stretch

09.

Make a healthy food swap today

10.

Plan it in: take 10 minutes to plan your wellness activities into your schedule

11.

Take 30 minutes out today (or more) for self-care

12.

Plan your meals for the week in advance

13.

Exercise for 30 minutes (your choice of activity)

14.

Take 1 hour off from screens today

15.

Make sure to get your 5-a-day of fruit & vegetables

16.

Try a new exercise for 30 minutes today

17.

Meditate for 10 minutes

18.

Reflect on how far you've come this month & the positive action you've taken

19.

Level-up your exercise today, push harder or longer, or both

20.

Do a 5 minute wake-up workout

Search: NHS 5 minute wakeup workout for details

21.

Have a 'free-from' day.

Think: refined sugar, caffeine, alcohol, bread, meat (your choice)

22.

Exercise for 30 minutes (your choice of activity)

23.

Use positive affirmations: **I take good care of myself, I am in the process of positive changes**

24.

Put on your favourite high-energy song & dance!

25.

Watch or listen to something funny

26.

Speed clean or tidy: see how fast you can go!

27.

Do a mindful activity, such as mindful colouring

28.

Exercise for 30 minutes (your choice of activity)

29.

Eat each meal until you're 'satisfied' not 'full'

30.

Level-up your exercise today, push harder or longer, or both

31.

Commit to incorporating these wellness activities going forward

Visit livingprettyhappy.com for more inspiration, motivation & encouragement

#31daysforwellness