



<u>Day 1 - Emotional Check-In</u>

Write down how you're feeling and be honest with yourself.

Activity: Create a mood tracker. Draw a grid with 21 boxes, one for each day. Use colors or emojis to represent your mood each day.
Bonus: Write a letter to your future self about how you hope to feel at the end of this challenge.

Day 2 - Goal Setting

Set a new goal & break it down into steps.

•Activity: Create a vision board representing your goal. Use magazine cutouts, drawings, or printed images.

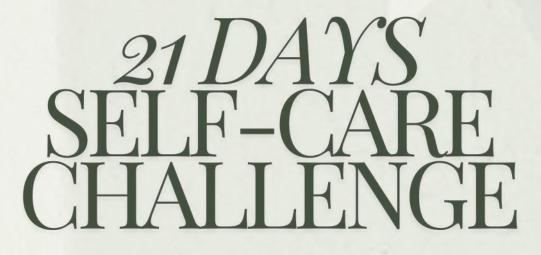
•*Bonus:* Share your goal with a friend or family member for accountability.

Day 3 - Gratitude Practice

Write a gratitude list.

•Activity: Take photos of 5 things you're grateful for today.

•Bonus: Send a thank you note to someone who has positively impacted your life.



<u>Day 4 - Learning Day</u>

Dedicate an hour each day to learn something new.

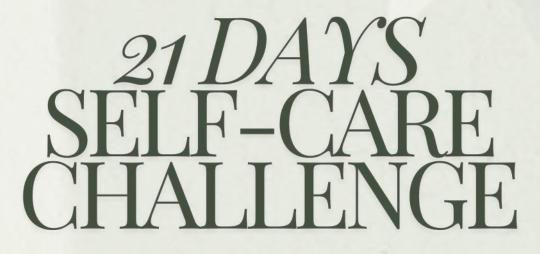
•Activity: Sign up for a free online course on a topic that interests you.

•Bonus: Teach someone else what you've learned today.

<u>Day 5 - Reading Challenge</u>

Pick up a book and read one chapter each day. *Activity*: Join or start a virtual book club to discuss your chosen book. *Bonus*: Write a short review or reflection on what you've read so far.

Day 6 - Exercise Routine Exercise for 30 minutes everyday. •Activity: Try a new form of exercise (e.g., yoga, dance) using free online videos. •Bonus: Track your steps and try to increase them by 1000 each day.



<u>Day 7 - Self-Compassion Day</u> Practice self-compassion through self-care activities.

•Activity: Write down 3 things you love about yourself and why.

•Bonus: Give yourself a compliment out loud every time you pass a mirror today.

<u>Day 8 - Journaling</u>

Practice journaling your feelings at the end of the day to release any built-up tension.

Activity: Try a guided journaling prompt
(e.g., "What would I do if I knew I couldn't fail?").
Bonus: Write a poem or short story expressing your emotions.

<u>Day 9 - Morning Routine</u>

Wake up half an hour early and create a new morning routine.

•Activity: Try morning pages - write three pages of stream of consciousness thoughts upon waking.

•Bonus: Prepare a special breakfast to start your day on a positive note.



Day 10 - Positive Reframing Replace "I have to" with "I get to" •Activity: Make a list of 10 things you usually say "I have to" about and reframe them positively. •Bonus: Share your reframed statements on social media to inspire others.

Day 11 - Habit Change

Choose one habit you'd like to change (e.g., less phone time, more water). •Activity: Download a habit tracker app to

monitor your progress.

•Bonus: Reward yourself with something small each time you stick to your new habit.

Day 12 - Digital Detox

Take a break from social media for the day.
Activity: Write a handwritten letter to a friend or family member.

•Bonus: Go for a nature walk and practice mindfulness, focusing on your surroundings.



<u>Day 13 - Declutter and Organize</u> Organise a small space in your home (a drawer, desk, etc.)

•Activity: Donate or recycle items you no longer need.

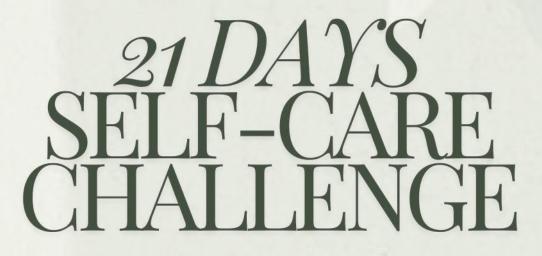
•Bonus: Create a minimalist challenge for yourself (e.g., get rid of one item per day for a week).

<u>Day 14 - Better Sleep Hygiene</u> Unplug one hour before bed. •Activity: Create a relaxing bedtime routine

(e.g., gentle stretching, reading, herbal tea).
•Bonus: Try a guided sleep meditation or bedtime story app.

Day 15 - Positive Affirmations Stick your self-affirmations on a mirror. •Activity: Record yourself saying your affirmations and listen to them throughout the day.

•Bonus: Create affirmation cards to carry with you or share with friends.



Day 16 - Mindfulness Practice

Take 10 minutes for quiet reflection or meditation.
Activity: Try a mindful eating exercise with a favourite snack or meal.

•*Bonus*: Practice a body scan meditation before bed.

<u>Day 17 - Creativity Day</u>

Do something creative.

•Activity: Start an art journal, combining

drawings and words to express yourself.
Bonus: Host a virtual "show and tell" with friends to share your creative projects.

<u>Day 18 - Financial Wellness</u>

Manage your finances.

•Activity: Create a simple budget or review your existing one.

•Bonus: Research and implement one moneysaving tip.



Day 19 - Self-Care Reflection Reflect on the self-care activities that worked best for you. •Activity: Create a "self-care menu" of your favourite activities from the challenge. •Bonus: Share your top 3 self-care tips on social media to inspire others.

<u>Day 20 - Future Planning</u>

Set one intention for how you'll continue selfcare after the challenge.

•Activity: Create a 30-day plan to incorporate your favourite self-care activities into your routine.

• *Bonus:* Find an accountability partner to check in with regularly about your self-care goals.

Day 21 - Celebration

Celebrate your progress by doing something you love.

- •Activity: Write a letter to yourself acknowledging your growth and achievements during the challenge.
- •Bonus: Plan a (virtual) self-care party with friends who also completed the challenge.

