

# 20 DAY MENTAL WELLNESS CHALLENGE

You'll never change your life until you change something you do daily.  
The secret of your success is found in your daily routine.

Go to bed  
1 hour earlier  
than usual

DAY  
1

Journal 10  
things you're  
grateful for

DAY  
2

Take a  
walk  
outdoors

DAY  
3

Call  
someone  
you love

DAY  
4

De-clutter  
your room  
or desk

DAY  
5

Take a  
social  
media  
sabbatical

DAY  
6

Make a list  
of short  
term goals

DAY  
7

Make the most  
epic, creative  
salad you  
can think of

DAY  
8

Slow down.  
Sit & watch  
the sunset

DAY  
9

Get rid of 5  
things you  
never use

DAY  
10

Enjoy  
the sun.  
Eat lunch  
outside

DAY  
11

Unsubscribe  
from  
unnecessary  
emails

DAY  
12

Send an  
encouraging  
text to 5  
people

DAY  
13

Wake up 30  
minutes  
earlier to  
**read**

DAY  
14

Plan a tea/  
smoothie date  
with a friend

DAY  
15

Go the entire  
day without  
complaining

DAY  
16

Buy yourself  
flowers

DAY  
17

Make time for  
a wholesome  
breakfast

DAY  
18

Do one thing  
you've been  
putting off

DAY  
19

Don't  
overthink.  
Practice being  
present

DAY  
20