



# One Day at a Time: Daily Wellness Challenge

Choose one action from our list or create your own.

Commit to it daily and track your progress in our Little By Little Journal for accountability!

**DO SOME JOURNALLING**

**CHECK YOUR PHONE AFTER BREAKFAST**

**WORDS OF AFFIRMATION**

**COLD SHOWER**

**20 MINS TO DECLUTTER YOUR SPACE**

**30 MINS OF BEING 'TECH-FREE' BEFORE BED**

**10 MINUTES OF STRETCHING**

**MAKE YOUR BED EACH MORNING**

**SET LIMITATIONS FOR SCREENTIME**

**LAUGH WITH FRIENDS OR FAMILY**

**5 FRUIT/VEG PER DAY**

**ENSURE YOU SLEEP 7-9 HOURS A NIGHT**

**SELF-CARE TIME**

**ACTS OF KINDNESS TOWARDS OTHERS**

**DRINK 2 LITRES OF WATER**

**SPEND TIME ON A HOBBY**

**SCHEDULE TIME TO UNWIND**

**LISTEN TO A PODCAST THAT INSPIRES YOU**

**BREATHWORK**

**PRACTICE GOOD POSTURE**

**SET ACHIEVABLE GOALS FOR THE DAY**

**WRITE DOWN 1 THING YOU LOVE ABOUT YOURSELF**

**GET CREATIVE**

**WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR**

**PRACTICE MINDFULNESS**

**TAKE A LUNCHTIME WALK**

**GET SOME FRESH AIR**

**WATCH A MOTIVATIONAL TED TALK**

**READ FOR 30 MINUTES A DAY**

**LISTEN TO MUSIC YOU LOVE**

**GUIDED MEDITATION**