

30-Day

Challenges

..... Ordinary & Happy

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- Meditate for 15 Minutes.
- Journal for 15 Minutes.
- Only Positive Self-Talk.
- 15 Minutes of Deep Breathing.
- Write 3 Things in a Gratitude Journal.
- Read for 30 Minutes.
- Message a Loved One or Friend.
- Perform a Random Act of Kindness.
- Go for a Lunch or Post-Work Walk.

- O Meal Prep for 30 Days.
- R Choose One Item to Donate.
- G Build a 5-10 Minute Morning Habit.
- A 15 Minutes of Organizing an Email Inbox.
- N Clean a Room or an Area of a Room.
- I Organize a Drawer.
- Z Declutter a Small Space.
- E Create Home Maintenance Checklist with 30 Items.
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- Take a Daily Photo.
- Write a Short Story.
- Cook a Simple Recipe.
- Play a Musical Instrument.
- Take a Chapter of an Online Course.
- Paint for 15-30 Minutes.
- Read a Chapter of a Book.
- Create a Feel-Good Playlist.
- Sketch or Draw for 15-30 Minutes.
- Work on a DIY Project at Home.

- P Do the Hardest Task First Every Morning.
- R Clean Your Workspace Every Evening.
- O Mute Notifications for a Set Time.
- D Organize Digital Files Every Morning.
- U Wake Up Earlier.
- C Use a Time Tracking App.
- T Use the Pomodoro Technique.
- I Plan Your Day the Night Before.
- V Work with Consistent 15-Min Breaks.
- E 30 Days of Reducing Time in Meetings.

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- 10 Minutes of Daily Self-Care.
- Move for 15-20 Minutes.
- Try an Online Workout Class.
- Stretch for 15-20 Minutes.
- Walk 10,000 Steps.
- No-Screen Time After a Certain Time.
- Daily Stretching or Pilates.