

30-DAY WELLNESS RESET CHALLENGE

Each daily task in the month-long challenge is designed to help you hit the reset button on wellness by re-defining self care, helping you manage daily stressors, and making your mental and physical health a priority.

DAY 1

Take a 24-hour news media fast

DAY 11

Take a walk outside

DAY 21

Audit your subscriptions

DAY 2

Practice a calming breathing exercise

DAY 12

Send one person a kind text

DAY 22

Connect with someone that makes you laugh

DAY 3

Write down 2 bad habits to give up this month

DAY 13

Eat 3 servings of fruits and vegetables

DAY 23

Take a 24 hour social media fast

DAY 4

Start an emergency fund

DAY 14

Unplug during lunch

DAY 24

Do 10 minutes of physical exercise

DAY 5

Download a meditation app. Meditate for 5 min

DAY 15

Do 30 minutes of yoga

DAY 25

Avoid sugar and soda

DAY 6

Walk during your lunch break

DAY 16

One whole day without negative self talk

DAY 26

Tell someone why you love them

DAY 7

Get up early and read for 20 minutes

DAY 17

Turn your phone off after dinner

DAY 27

Try a guided visualization exercise

DAY 8

Get 7 to 8 hours of sleep

DAY 18

Open up about something on your mind

DAY 28

Listen to a financial wellness podcast

DAY 9

Drink half your bodyweight in ounces of water

DAY 19

Listen to a podcast on mindfulness

DAY 29

Create an exercise plan to follow for 30 days

DAY 10

Take a 24 hour social media fast

DAY 20

Offer to help a friend or family member

DAY 30

Try a progressive muscle relaxation exercise

KEY



Mental Well-Being



Social Well-Being



Physical Well-Being



Nutritional Well-Being



Financial Well-Being