

20 DAY MENTAL WELLBEING CHALLENGE

The secret of your success is found in your daily routine.

Go to bed 1
hour earlier
than usual

DAY 1

Write 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 break
from social
media

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 early
to exercise

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.
Practise being
present

DAY 20