

She Dwells in Possibility

A Fearless Guide for Women

30 Days of Wellness Challenge

- Day 1: Have fresh fruit with your breakfast.
- Day 2: Don't check social media until noon.
- Day 3: Drink a glass of water as soon as you wake up.
- Day 4: Eat something green.
- Day 5: Spend at least 15 minutes outdoors.
- Day 6: Make dinner at home.
- Day 7: Extend forgiveness to someone who has hurt you.
- Day 8: Take a healthy lunch to work (or eat a healthy lunch at home.)
- Day 9: No status updates on social media today.
- Day 10: Carry a refillable water bottle with you all day.
- Day 11: Have a meatless entrée for dinner.
- Day 12: Walk farther than necessary. (Park at the back of the lot, or take the stairs.)
- Day 13: Try something you've been wanting to try.
- Day 14: Give yourself a genuine compliment.
- Day 15: Eat a vegetable at both lunch and dinner.
- Day 16: Ignore one social media channel today. (No Twitter, for instance.)
- Day 17: Drink the contents of your refillable water bottle.
- Day 18: Try a new fruit or vegetable.
- Day 19: Find a yoga workout online and try it out.
- Day 20: Make dinner just for yourself and a friend or loved one.
- Day 21: Do something nice for someone else.
- Day 22: Leave the sugar out of something you'd normally add it to.
- Day 23: Put your phone in another room for at least 30 minutes.
- Day 24: Increase the number of times you normally refill your water bottle.
- Day 25: Have fruit for a snack or dessert.
- Day 26: Take a walk outdoors for at least 30 minutes (without electronics).
- Day 27: Plan a new project.
- Day 28: Spend time with someone who makes you feel good about yourself.
- Day 29: Pamper yourself.
- Day 30: Give yourself a healthy reward for completing this challenge!