

30 Day Happiness Challenge

Take time to make time for YOU! 30 days of you-centered happiness challenges to prompt you to take care of yourself and your wellbeing.

DAY 1 Write down 3 things you love about yourself.	DAY 2 Drink 2.7 liters (or 11 cups) of water.	DAY 3 Call a loved one to catch up.	DAY 4 Go outside, look at the sky and appreciate nature.	DAY 5 Take a 30 second (or more) dance party today.
DAY 6 Send a letter.	DAY 7 Eat a vegetable with every single meal today.	DAY 8 Play a game you enjoyed when you were younger.	DAY 9 Do what makes YOU feel happy today.	DAY 10 Make a playlist of a few of your favorite songs.
DAY 11 Thank 3 people you're grateful for.	DAY 12 Hang up and hang out! (a day with no screens)	DAY 13 Watch your favorite movie.	DAY 14 Try a new skill that you've always wanted to try.	DAY 15 Do a random act of kindness (big or small).
DAY 16 Share a photo that makes you happy on social media	DAY 17 Meditate (for first-timers, find a how to guide here.)	DAY 18 Play a game you enjoyed when you were younger.	DAY 19 Do what makes YOU feel happy today.	DAY 20 Find a new, creative way to get exercise for 15 minutes today.
DAY 21 Make small progress on a big goal.	DAY 22 Find a positive story in the news and share with others.	DAY 23 Cook your favorite meal.	DAY 24 Do something creative today.	DAY 25 Get a good night of sleep
DAY 26 Start a new book, TV show or podcast.	DAY 27 No plans day - enjoy your own company!	DAY 28 Eat your favorite sweet treat.	DAY 29 Write down 3 goals you have for the upcoming month.	DAY 30 Write down 10 things you feel grateful for today.