

# WELLNESS CHALLENGE

## ideas

### physical



- stretching
- walking
- workout
- nutritious meal
- hydrating drink

### emotional



- bullet journal
- breathing exercise
- contact with nature
- challenge negative thinking
- positive self-talk

### spiritual



- meditation
- mindfulness music
- set daily intentions
- digital detox
- gratitude journal

### social



- talk to a friend
- quality family time
- practice assertiveness skills
- set personal boundaries
- get rid of toxic people

### financial



- set a budget
- create a shopping list
- track your expenses
- set financial goals
- become a mindful consumer

### professional



- set professional goals
- work smarter not harder
- boost your productivity levels
- eliminate distractions
- create work-life balance

### environmental



- reduce the use of plastic
- buy natural cosmetics
- DIY natural beauty products
- learn about low waste
- segregate your garbage

### personal



- read more
- hobby
- quality "me time"
- learn new skills
- start a side project