

**6-WEEK WELLNESS CHALLENGE**  
By Hang Nhan

<b>Week ___ - Daily</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1) 10-15 min. Sit and meditate. Breath, body, mind, emotions awareness							
2) Eat one plant-based meal							
3) Walk outside for at least 10 minutes, preferably in nature							
4) Have gratitude for 3 things everyday							
5) Do your chore or daily activity with your full attention							
6) Practice watering someone's flowers ie. be kind, offer words of encouragement							
7) Bring awareness of your ANTs (automatic negative thinking)							
<b>Week ___ - Weekly</b>							
1) 1.5 to 3 hours of moderate to high intensity exercise of your choice.							
2) At least one meal with your family with no devices and practice having positive/good conversation.							
3) Practice deep listening without judging, educating or giving advice to someone. At least twice a week.							
4) ONE whole day of not complaining about a thing. Look for the good.							
5) Read a few pages/chapters of a wholesome good book.							