

# Simply Shakerá

## 20 Day Mental Wellness Challenge

*Add these tasks to your calendar; let's start to shift your life by shifting your daily routine.*

Cook your favourite healthy meal.

Journal 10 things you're grateful for.

Go the entire day without making complaints.

Take a dance or group fitness class.

De-clutter your bedroom or office.

Text 5 people some words of encouragement.

Clear old photos from your phone, tablet, or laptop

Get rid of 5 things you never use.

Play A Game Solo That Doesn't Require A Screen.

Color, Cards, Darts, Sport, etc.

No social media for the day.

Spend 15-30 minutes in meditation.

Buy yourself something nice.  
(Flowers, chocolate, comfy socks etc. )

Complete a task you've been putting off.

Add a salad to one of your meals.

Make a list of 10 short term goals.

Take a walk outdoors.

Unsubscribe from unnecessary emails.

Plan a tea or smoothie date with a friend.

Take A Bubble Bath.

Sit and watch the sunset.