

# Become a happier & healthier you

IN 30 DAYS

1

Eat 4 cups of vegetables.

2

Say something genuinely thoughtful and nice to at least 3 people.

3

Download an app that helps with brain training exercises.

4

Stretch for 5 minutes when you wake up.

5

Walk for 30 minutes.

6

Brainstorm for 15 minutes. Write down every idea that comes to mind.

7

Don't complain about anything for the entire day.

8

Write 3 sentences in a journal.

9

Listen to 30 minutes of music, uninterrupted.

10

Plank for 30 seconds.

11

Clean and organize data on your computer.

12

Make a bucket list of at least 10 things that excite you.

13

Give up soda for the day.

14

Say out loud at least 5 times during the day: "I am a very, very happy person."

15

Don't read or listen to any news at all.

16

Go outside and spend time in nature.

17

Go through your closet and donate everything that doesn't fit.

18

Pick one person and tell them in detail what they mean to you.

19

Sit in a chair in a quiet room, get comfortable, and meditate for a half hour.

20

Download an app that teaches a new language and spend 30 minutes trying it.

21

Spend a half hour researching something that really interests you.

22

Turn your phone off for one hour.

23

Give yourself a gift that costs less than \$10.

24

Cook something you've never tried before.

25

Do something kind for someone anonymously.

26

Make a list of all your accomplishments.

27

Go for a walk & take pictures of things you find beautiful

28

Create a Pinterest board to pin things that will help you live the life you want.

29

Turn off all electronics after 6PM.

30

Focus on your posture. Look online for tips.