30 DAYS OF YOU

“Never put yourself at the bottom of your to-do list.”
-Melanie Whelan

DAY 1: Name 5 things you love about your body.
DAY 2: Do one thing today that makes you happy.
DAY 3: Have lunch with a friend.
DAY 4: Establish a bedtime routine & stick to it.
DAY 5: Take a self-help TAO screening.
DAY 6: Take a yoga class.
DAY 7: Look up at the night sky & notice the stars.
DAY 8: Eat some fruit today.
DAY 9: Write down your favorite thing about yourself.
DAY 10: Listen to your favorite song & sing it out loud.
DAY 11: Read your favorite quote.
DAY 12: Drink more water.
DAY 13: Attend a Mindful Yoga Workshop.
DAY 14: Eat some fruit today.
DAY 15: Forgive yourself.
DAY 16: Reduce your screen time-unplug for 1 hour.
DAY 17: Practice Positive Self-talk.
DAY 18: Write someone a thank you note.
DAY 19: Watch your favorite movie.
DAY 20: Try something new today.
DAY 21: Say thank you more.
DAY 22: Declutter your work or study space.
DAY 23: Watch a Ted Talk.
DAY 24: Look in the mirror & appreciate yourself.
DAY 25: Take a walk through campus.
DAY 26: Do something you LOVE!
DAY 27: Take a nap for 15 min.
DAY 28: List 5 things you are grateful for, before falling asleep.
DAY 29: Practice Deep Breathing.
DAY 30: Journal about the last 30 days & commit to doing it again.