

21-day mental wellness challenge

You'll never change your life until you change something you do daily. The secret to your success is found in your daily routine.

<p>DAY</p> <p>01</p> <p>Go to bed one hour earlier than usual</p>	<p>DAY</p> <p>02</p> <p>Journal ten things you're grateful for</p> 	<p>DAY</p> <p>03</p> <p>Take a walk outdoors</p>	<p>DAY</p> <p>04</p> <p>Call someone you love</p> 	<p>DAY</p> <p>05</p> <p>De-clutter your room or desk</p>	<p>DAY</p> <p>06</p> <p>Take a break from social media</p>	<p>DAY</p> <p>07</p> <p>Make a list of short-term goals</p> 
<p>DAY</p> <p>08</p> <p>Make the most epic, creative salad or healthy dish you can think of</p>	<p>DAY</p> <p>09</p> <p>Slow down. Sit and watch the sunset or sunrise</p>	<p>DAY</p> <p>10</p> <p>Get rid of five things you never use</p>	<p>DAY</p> <p>11</p> <p>Enjoy the sun and eat lunch outside</p> 	<p>DAY</p> <p>12</p> <p>Unsubscribe from unnecessary emails</p>	<p>DAY</p> <p>13</p> <p>Send an encouraging text to five people</p>	<p>DAY</p> <p>14</p> <p>Wake up thirty minutes earlier to pray or meditate</p>
<p>DAY</p> <p>15</p> <p>Plan a tea or smoothie date with a friend</p>	<p>DAY</p> <p>16</p> <p>Go the entire day without complaining</p>	<p>DAY</p> <p>17</p> <p>Buy yourself flowers</p> 	<p>DAY</p> <p>18</p> <p>Make time for a wholesome breakfast</p>	<p>DAY</p> <p>19</p> <p>Do one thing you've been putting off</p>	<p>DAY</p> <p>20</p> <p>Don't overthink. Practise being present</p>	<p>DAY</p> <p>21</p> <p>Say 'no' to that extra commitment</p>