



30 Day Wellness Challenge

Customize this list to fit your own unique preferences and perspective. You don't have to go in order, and you can adjust activities to better suit your schedule and lifestyle. Check them off as you go. Let's begin!

<p>Day 1: Detail Your Car Clean out the clutter and organize what's left. Wash the exterior and then vacuum inside.</p>	<input type="checkbox"/>	<p>Day 2: Write a Letter You don't need fancy stationery, just a piece of paper, a pen and a quiet space.</p>	<input type="checkbox"/>	<p>Day 3: Prep Lunches Make jarred salads or pre-made sandwiches a week ahead or the night before.</p>	<input type="checkbox"/>
<p>Day 4: Meditate Sit outside in the sun and think about something that's been bothering you, then let it go.</p>	<input type="checkbox"/>	<p>Day 5: Forgive Someone Be intentional about releasing a grudge or healing a past hurt even if the other person can't reciprocate.</p>	<input type="checkbox"/>	<p>Day 6: Find Your Mission Keep it short and sweet. Think about the legacy you or your family hope to leave behind.</p>	<input type="checkbox"/>
<p>Day 7: Care For Your Feet Get a pedicure or schedule a reflexology session. Do a foot soak or buy new shoes that are comfortable and supportive.</p>	<input type="checkbox"/>	<p>Day 8: Go Bird-Watching Take a few minutes to stop and watch the birds. It's a relaxing, easy way to slow your breathing and enjoy nature.</p>	<input type="checkbox"/>	<p>Day 9: Read a Kid's Book Find your favorite childhood book and take the afternoon to read it all in one sitting.</p>	<input type="checkbox"/>
<p>Day 10: Find a Friend Connect with someone in a different age group. Diversifying friendships may teach you something a peer can't.</p>	<input type="checkbox"/>	<p>Day 11: Say Yes Think of something you really wanted to do and felt you couldn't, and say yes!</p>	<input type="checkbox"/>	<p>Day 12: Say No Get comfortable saying the small ones first, then work up to saying no to things that drain or disappoint you.</p>	<input type="checkbox"/>
<p>Day 13: Organize Finances Open your file drawer and purge the clutter, or streamline your digital finance apps.</p>	<input type="checkbox"/>	<p>Day 14: Declutter a Drawer Choose one area - a drawer, a closet, a shelf - to downsize.</p>	<input type="checkbox"/>	<p>Day 15: Play Board Games Engage your brain and foster social connections by having your own game night.</p>	<input type="checkbox"/>

<p>Day 16: Exercise Time to exercise like a kid! Grab a jump rope or hula hoop or organize a game of kickball or stickball.</p>	<p>Day 17: Tease Your Brain Crosswords, riddles, Sudoku puzzles, mazes - try something new or that you enjoyed as a kid.</p>	<p>Day 18: Play Music Spotify, Pandora, Apple Music - however you listen, lighten your mood with some tunes.</p>
<p>Day 19: Watch a Film Subtitles are a beautiful thing! Find a movie in a language other than your native tongue and enjoy it!</p>	<p>Day 20: Take a Road Trip Put your toes in the sand, breathe the mountain air, see a bustling city or just walk in your local park.</p>	<p>Day 21: Expand Horizons Go to a mass, visit a temple or join a friend at an interfaith service. Stretch your spiritual comfort zone!</p>
<p>Day 22: Make a Donation Invest in something you're passionate about or a current event/cause that's grabbing your attention.</p>	<p>Day 23: Eat Internationally Pick a destination and make dishes from that country or region. Play music local to that area too!</p>	<p>Day 24: Research Family Ask relatives for family stories, find family recipes or create a basic family tree to connect with your heritage.</p>
<p>Day 25: Tour Your Town Go antique shopping or picnic at a local park. Be a tourist in your hometown and see what you can discover.</p>	<p>Day 26: Discuss the Divine Don't have a debate, but talk to close friends about spiritual things, thoughts on life and faith.</p>	<p>Day 27: Go Phone Free Pick a day to unplug and disconnect. You can give a close loved one an alternative way of getting in touch.</p>
<p>Day 28: Take a Nap Never underestimate the rejuvenating feeling of a good power nap or spontaneous snooze on the couch.</p>	<p>Day 29: Make the Call Hair, doctor, accountant - if there's something you've been dragging your feet about, make the appointment.</p>	<p>Day 30: Use Your Hands Calligraphy, crafting, cross-stitch - reconnect with an old hobby or find a new one to keep your hands busy.</p>



CONGRATULATIONS!

YOU DID IT!

Whether you did something every day or every other week, you made wellness a priority and took care of your whole self. Repeat these activities on a regular basis and come up with new ones. Share with a friend. Find more wellness tips on Extra Mile – extramile.thehartford.com