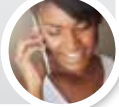


MONDAY

DoDay 1

Connect!

Contact someone you haven't spoken to in a while.



TUESDAY

DoDay 2

Rest!

Get at least 7 - 9 hours of sleep. Nothing more, nothing less.



WEDNESDAY

DoDay 3

Remember!

Dwell on a happy memory.



THURSDAY

DoDay 4

Be kind!

Do at least one random act of kindness.



FRIDAY

DoDay 5

Forgive!

Admit to one mistake that you made this week and forgive yourself for it.



SATURDAY

DoDay 6

Stretch!

Stretch for 10 minutes (follow a YouTube video).



SUNDAY

DoDay 7

Get out!

Sit under a tree for 30 minutes.



DoDay 8

Be funny!

Make someone laugh.



DoDay 9

Move!

Take a 30-minute walk.



DoDay 10

But what?

Find your but



DoDay 11

Learn!

Learn three words of a language that you cannot speak - and use it!



DoDay 12

Disconnect!

Disconnect - switch off your phone for one hour.



DoDay 13

Eat!

Cook and share a healthy meal with a friend.



DoDay 14

Pray!

Write down a prayer for your life.



DoDay 15

Love!

Make someone a cup of coffee or tea



DoDay 16

Hydrate!

Drink at least 6 glasses of water



DoDay 17

Shiver!

Take a cold shower.



DoDay 18

Practice!

Write a sentence with your "wrong" hand



DoDay 19

Wearaphy!

Dress up for no reason.



DoDay 20

Recharge!

Spend 10 minutes in direct sunlight - before 11am



DoDay 21

Breathe!

Stand barefoot on the grass and take 10 deep and slow breaths.



DoDay 22

Share!

Share a motivational quote on your social media.



DoDay 23

Nourish!

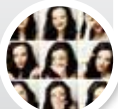
Eat an apple.



DoDay 24

Feel it!

Sit with your sensations for 90 seconds.



DoDay 25

Slow down!

Meditate for 5 minutes.



DoDay 26

Gratitude attitude!

Write down three things that you are grateful for.



DoDay 27

Sweat!

Run up and down a flight of stairs 5 times - you can do it.



DoDay 28

Shine!

Watch a sunrise or sunset.



DoDay 29

Go ahead!

Let someone else go first.



DoDay 30

Celebrate!

Dance to your favourite song! Attend our DoDay 30-minute dance.



MENTAL HEALTH

DoDay



Motivate!
Listen to a motivational music playlist.

30-Day DoDay Calendar

» Remember to share  what you have done