

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DoDay 1

Share!

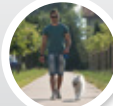
Share a motivational quote on your social media.



DoDay 2

Move!

Take a 30-minute walk.



DoDay 3

But what?

Find your but.



DoDay 4

Slow down!

Meditate for 5 minutes.



DoDay 5

Wearaphy!

Dress up for no reason.



DoDay 6

Eat!

Cook and share a healthy meal with a friend.



DoDay 7

Pray!

Write down a prayer for your life.



DoDay 8

Connect!

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



DoDay 9

Rest!

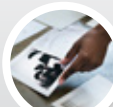
Get at least 7 - 9 hours of sleep. Nothing more, nothing less.



DoDay 10

Remember!

Dwell on a happy memory.



DoDay 11

Practice!

Write a sentence with your "wrong" hand.



DoDay 12

Gratitude attitude!

Write down three things that you are grateful for.



DoDay 13

Stretch!

Stretch for 10 minutes (follow a YouTube video).



DoDay 14

Get out!

Sit under a tree for 30 minutes.



DoDay 15

Be funny!

Make someone laugh.



DoDay 16

Nourish!

Eat an apple.



DoDay 17

Feel it!

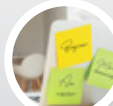
Sit with your sensations for 90 seconds.



DoDay 18

Learn!

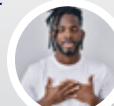
Learn three words of a language that you cannot speak - and use it!



DoDay 19

Forgive!

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



DoDay 20

Sweat!

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



DoDay 21

Shine!

Watch a sunrise or sunset.



DoDay 22

Go ahead!

Let someone else go first.



DoDay 23

Hydrate!

Drink at least 6 glasses of water



DoDay 24

Shiver!

Take a cold shower.



DoDay 25

Be kind!

Do at least one random act of kindness.



DoDay 26

Disconnect!

Disconnect - switch off your phone for one hour.



DoDay 27

Recharge!

Spend 10 minutes in direct sunlight - before 11am



DoDay 28

Breathe!

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



DoDay 29

Love!

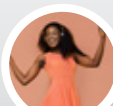
Make someone a cup of coffee or tea.



DoDay 30

Celebrate!

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



MENTAL HEALTH

DoDay



Motivate!

Share your favourite motivational songs!



30-Day DoDay Calendar

Remember to share what you have done

