

DoDay 1

Aim!

Setting a goal gives you a purpose.

What do you want to achieve?



DoDay 2

Plan!

Make a vision board of your goal to keep you motivated and focused.



DoDay 3

Hydrate!

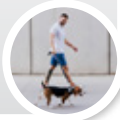
Get into the habit of drinking enough water daily.



DoDay 4

10 000!

Try to take 10 000 steps today. That is about 8 km or 2 hours of walking.



DoDay 5

Meditate!

Try to meditate for 10 minutes today. Focus on your breathing.



DoDay 6

Nourish!

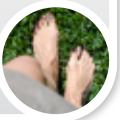
Eat 5 fresh fruits or veggies today – nutrition is key.



DoDay 7

Free your feet!

Stand barefoot on the grass for 5 minutes or more.



DoDay 8

Write!

Make a journal entry today – How was your day?



DoDay 9

Clear!

Unclutter your cupboard or desk today – it creates calmness for your mind.



DoDay 10

Green tea!

Have you tried green tea before? Opt for at least one healthy drink today.



DoDay 11

Move!

Do a workout that challenges you. Do something hard that you can complete.



DoDay 12

Say thanks!

Be grateful today for the joys, the lessons. It will help you to grow.



DoDay 13

Be kind!

Do something unexpected for someone and notice how it makes you feel.



DoDay 14

Dress up!

Wear your best clothes, for no reason – just because you care!



DoDay 15

Laugh!

Watch a comedy or be silly with a friend – laugh until your belly hurts.



DoDay 16

Donate!

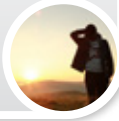
Give something away today without expecting anything back.



DoDay 17

Sunlight!

First light exposure is a thing! Watch the sun rise.



DoDay 18

Rest!

Make sure that you get 8 hours of sleep tonight. You need a reset.



DoDay 19

Connect!

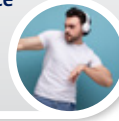
Do something with a friend or family member today – connect meaningfully.



DoDay 20

Dance!

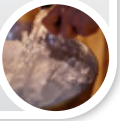
Put on your favourite song and dance like no one is watching. Just be free.



DoDay 21

Face freeze!

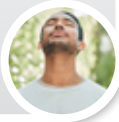
Place your face in a bowl of freezing water (add ice cubes if you can)



DoDay 22

Breathe deeply!

Concentrate on taking deep breaths throughout the day.



DoDay 23

Walk backwards!

Walk backwards, barefoot on the grass.



DoDay 24

Share!

Share your favourite motivational quote with a friend.



DoDay 25

Stretch!

Move your joints through their full ranges to get rid of tension.



DoDay 26

Be bored!

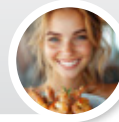
Do nothing for at least an hour today – don't distract yourself.



DoDay 27

New!

Do something new today



DoDay 28

Let it go!

Let go of the fear that is standing in your way.



DoDay 29

Love!

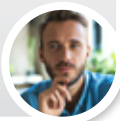
Tell someone that you love them. Remember to tell it to yourself.



DoDay 30

Reflect!

What changed for you during the past 30 days?



30-Day DoDay Calendar
2025