

30-DAY MENTAL CLEANSE

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Write 3 words describing how you feel today + 3 words for how you want to feel in 30 days.	Create a mental highlight reel.	Get outside for 20 minutes.	Find something to laugh about - connect with a friend to reminisce a funny moment.	Write down 3 things you are grateful for.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Sit in silence for 5 minutes.	Go to bed 30 minutes earlier than usual.	Schedule a day off within the next month.	Drink 64 oz of water.	Play a game of solitaire.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Spend 10 minutes in self-reflection.	No social media for a day.	Make it a phone free night with family members/loved ones.	Send a card.	Change your bedding.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Make a new recipe.	Go meatless for the day.	Wear a bright color.	Start your day with an inspiring quote.	Write down 1 positive affirmation.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Read for at least 15 minutes.	Disable unnecessary smart phone notifications.	Unsubscribe from junk mail or unused apps.	Reorganize your phone apps.	Engage all your family members in a phone free meal.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Write down 3 things that no longer deserve your energy.	Unfollow the negativity.	Swap out "I have to" with "I get to" today.	Listen to music while you make dinner.	Write down 3 things you learned about yourself over the last 30 days.

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