

- Be Healthy
- Be Kind 🤝
- Be Patient

| 30 Day Wellness Challenge Each day, pick an activity to do and cross it off once completed | | | | | |
|---|---|---------------------------|---|---|---------------------------------|
| Do a deep breathing exercise | Catch up with a friend | Read for 10 minutes | Unfollow negative social media accounts | | |
| Eat a healthy meal | Donate something you never use | Go for a walk | Set a mini goal for yourself | Watch a silly video | Eat fresh fruits or vegetables |
| Ask for help with something you are struggling with | Do 30 minutes of yoga (or any exercise) | Practice a favorite hobby | Go to bed 30 minutes earlier | Write down something good that happened | Declutter 10 items in your home |
| Give someone a compliment | Listen to your favorite music | Watch a favorite movie | Drink only water | Adopt a new habit | Stretch for 10 minutes |
| Cross an item off your to-do list | Video Chat with a family member | Spend some time outside | Say no to something | Try a 5-minute meditation | List 5 things you love |
| <p>Don't forget to let us know how you're doing on Facebook @PathfinderVillage or on Instagram @pathfindervillageinc</p> <p>#PV30DaysofWellness</p> | | | | | |