



30 DAY Health Challenge

Smile at a stranger today

List three things you love

Celebrate someone else's achievement

Hold a door for someone

Take a guilt-free break

Compliment a friend

One thing you like about yourself

Send a thank-you message

Ask someone how they're feeling

Compliment a stranger

Offer help without being asked

Write down one personal win

Reach out to an old friend

Do one act of generosity

Pause, take three deep breaths

Notice something beautiful around you

Journal one thing you learned

Take five minutes to meditate

Express gratitude to a colleague, friend or family

Give a genuine smile today

Say "no" to one stressor

Try one new healthy habit

Listen fully to someone today

Ask for help

Offer encouragement without comparison

Spread a kind word

Reflect on one small success

Do one random act of kindness

Do one act of Self-care

Ask "what can I do next?"