



10 DAYS WELLNESS CHALLENGE

Over the next 10 days, you will embark on a wellness challenge, with the goal to promote **Exercise, Mindfulness, Healthy Eating** and additional areas of **General Self-care**. Remember this is your challenge, so embody it and own it, as it can lead you to everyday happiness.

ACTIVITIES

Do your best to incorporate these activities into your daily life over the course of the next 10 days.

1

Exercise:

Exercise for at least 20 – 45 minutes daily. This includes walking, running, biking, swimming, or general safe use of a gym.



2

Water:

Drink at least 8 cups (2L) of water daily. (If you're not a water drinker the use of a non-sugar flavoring additive is appropriate.)



3

Meals with Colors:

Incorporate at least 3 different colors in 2 of your daily meals.



RED

Contains Lycopene, Ellagic acid, Quercetin, and Hesperidin, fibre, Vitamin A and C. Some of these include watermelon, strawberries, Cherries, Tomatoes, red peppers, and red onions.



ORANGE AND YELLOW

Contains flavonoids, lycopene, potassium, vitamin C, and beta-carotene. Examples of these are oranges, grapefruit, lemons, bananas, carrots, sweet potatoes, pumpkin, and corn.



GREEN

Contains fibre, lutein, calcium, folate, vitamin c, Beta-carotene, Green fruits and vegetables include green apple, artichokes, arugula, asparagus, avocado, honeydew, green pears.



WHITE

Contains Beta-glutens, EGCC, SDG, and lignans. Examples are garlic, ginger, mushrooms, onions, white corn, turnips, white corn, and white peaches.



BLUE AND PURPLE

Lutein, zeaxanthin, Vitamin C, fibre, flavonoids. These include eggplant, cabbage, endive, plums, and blueberries.

4

5 Minute Mindfulness Break:

Each day, find five minutes to participate in a mindfulness activity such as, meditation, walking outdoors, gardening or watering plants, deep breathing exercise.



5

Motivational Music:

Create a list of 5-10 motivational songs that help you experience emotions of joy, happiness, or encouragement.



6

Reading:

Take 30 minutes of your day and enjoy fun reading of an article, tabloid magazine, book, or newspaper.



7

Journal:

Take time to journal about events, feelings or burning topics of your choice. Keep it simple and enjoy the writing process. The purpose of this journal is to help you reflect and recognize your emotions (good or bad), times of happiness and encouragement.



8

Declutter:

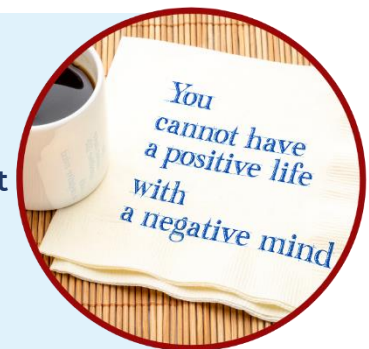
Organizing and decluttering your desk, room, office, kitchen, bathroom, closets, and other general living areas is a great way to get rid of things we don't use, it allows you to reshape your space and embrace new perspectives in an organized clutter-free environment.



9

Positive Thinking:

Positive thinking is more beneficial to our well-being and can effectively help you cope with daily stressors. Think beyond the current moment and find some good no matter how big or small and embrace it. If needed use a positive affirmation: "I am strong", "It is okay to make mistakes", "I am enough," or "I am proud of myself."



10

Do Something New or Creative:

It can be very relaxing to do things that allow you to be free and creative without boundaries. So, take time to draw, write a poem, take an art class, try new foods or recipes, visit a new place, and learn a new skill. Take time to embrace your inner self and what YOU enjoy.



NOTE

To help you on this challenge, several sample questions have been provided for each day. You don't have to use them all, they are intended to promote writing. See sample questions in the next page.

A dark blue circular badge with a white border. Inside the circle, the words "DAY" and the number "2" are written in white, bold, sans-serif font, stacked vertically.

DATE _____

What made you particularly proud or grateful?

What made me smile today?

A dark blue circular badge with a white border. Inside the circle, the words "DAY" and the number "4" are written in white, bold, sans-serif font, stacked vertically.

DATE _____

On a scale of 1-10, how happy are you with your life right now?

What 3 words describe you best?

A dark blue circular badge with a white border, containing the text "DAY 5" in white, bold, sans-serif font. "DAY" is on the top line and "5" is on the bottom line.

DATE _____

What are your core strengths?

What's the biggest thing holding you back from your goals?

**DAY
6**

DATE _____

What's your favorite childhood memory?

If money was no object, what would you do all day?

DAY
7

DATE _____

When was the last time you did something for the first time?

Who do you look up to?

A dark blue circular badge with a white border. Inside the circle, the words "DAY" and the number "8" are written in white, bold, sans-serif font, stacked vertically.

DATE _____

How can you show more gratitude?

How many people are in your inner circle?

DAY
9

DATE _____

If you had five minutes and the whole world was listening, what would you say?

What are your top priorities right now?

**DAY
10**

DATE _____

If you had the chance, what would you tell your future self?

What do you take for granted?
