THE 21 DAY WELLNESS CHALLENGE

START

1 Drink 8 glasses of water

2 Practice Yoga

3 Eat 5 different coloured vegetables

4 Make a to-do list

5 Do some gardening

6 Go nature spotting

7 Go for a country walk

8 Read a book

9 Catch up with a friend

10 Exercise outside

11 Watch a movie

12 Cuddle your pet

13 Draw something

14 Start a TV Show

15 Bake cookies

16 Get extra sleep

17 Listen to music

18 Go for a picnic

19 Be kind to someone

20 Make infused water

21 Have coffee with a friend

FINISH

Wellbeing