

January 2018

Mental Cleanse Challenge

Self-Care:

- Day 1: Set two goals you would like to achieve during this challenge.
- Day 2: Make any necessary annual doctor appointments.
- Day 3: Go for a walk (it can be inside if it's too cold).
- Day 4: Journal for 5 minutes or try meditating.
- Day 5: Go to bed 30 minutes earlier than normal.
- Day 6: Make a gratitude list of things you are grateful for in your life.
- Day 7: Get a massage.

Diet & Exercise:

- Day 8: Try a new workout you've never done before.
- Day 9: Keep all three meals "phone free". Be mindful while you eat.
- Day 10: Do a yoga for beginners workout to give your muscles a little TLC.
- Day 11: Make two of your three meals meatless. Need inspiration? Check out EatingWell.com
- Day 12: Focus on your breath by taking 3 to 5 deep inhales and exhales.
- Day 13: Take your workout outside even if it's for 20 minutes. Bundle up!
- Day 14: Drink 8 glasses of water.

Clearing the Clutter—Digital Cleanse:

- Day 15: Clean out your inbox and sort your emails into folders. Delete all spam.
- Day 16: No social media before 11am. Take the time to be productive.
- Day 17: Unfollow people on social media who don't inspire you.
- Day 18: Organize your desktop accordingly into folders. Delete unnecessary items.
- Day 19: Go through your phone and organize your apps into folders. Delete apps you don't use, old notes, contacts, etc.
- Day 20: Have a phone-free night with family or friends.
- Day 21: Unsubscribe from email marketing you're not interested in keeping up with.

Positivity:

- Day 22: No complaint day.
- Day 23: Write down 3 great things that happened today.
- Day 24: Spend 5 minutes in silence focusing on one positive attribute about yourself.
- Day 25: Do or say something nice for a stranger
- Day 26: Write a letter to yourself explaining what you hope to accomplish and save it to read again at the end of this year.
- Day 27: Ask your friend or spouse to describe you in 3 words, write them down and repeat them to yourself throughout the day.
- Day 28: Write down at least 3 things you have conquered this month.

Wild Card:

- Day 29: Pick your favorite challenge above and repeat it.
- Day 30: Help out a co-worker without them asking.
- Day 31: Be proud of yourself and start to believe you can do anything you set your mind to!