

The greatest joys can come from the littlest things

Take the 30 days challenge for a happier you!

Day 1



Smile at a stranger

Day 2



Go for a lunch time walk

Day 3



Put on perfume

Day 4



Have healthy smoothie

Day 5



Go to bed early

Day 6



No social media today!

Day 7



Play a game with friends

Day 8



Walk bare foot

Day 9



Flick through old photos

Day 10



Listen to a podcast

Day 11



Give someone a gift

Day 12



Cook a healthy meal

Day 13



Pet an animal

Day 14



Listen to live music

Day 15



Exercise for 30 minutes

Day 16



Water your plant

Day 17



Be yourself All Day

Day 18



Stretch for 15 minutes

Day 19



Read a book

Day 20



Declutter your wardrobe

Day 21



Learn a new skill

Day 22



Help someone

Day 23



Start a gratitude journal

Day 24



Dance for 20 minutes

Day 25



Get a check up

Day 26



Meditate

Day 27



Donate 5 things you don't need

Day 28



Call a friend

Day 29



Spend time in nature

Day 30



This one is up to YOU!