



28 Day Challenge

28 tasks for you to try to achieve and keep busy...all for fun!

1. Establish a new routine	2. Listen to a podcast	3. Do some home exercises	4. Have a relaxing shower or bath	5. Write down 5 things you are grateful for	6. Watch your favourite movie	7. Start a journal
8. Catch up on chores	9. Declutter an area in your home	10. Do a random act of kindness	11. Do a 10-minute breathing exercise	12. Do some mindfulness or yoga	13. Read a new book	14. Listen to music
15. Have a game night	16. Video call someone	17. Get 8 hours sleep	18. Try something new	19. Learn a new language	20. Eat your favourite meal	21. Create positive affirmations for yourself
22. Make a list of goals you would like to achieve	23. 10 minutes of movement	24. Have a chilled day	25. Treat yourself	26. Create a self-love jar or box to look at when you need it	27. Take a break from social media	28. Special interest day!

