







30 DAILY ACTIVITIES

Join us as we take simple, daily steps to improve our wellbeing.

Engage in 30 daily activities to boost self-care and productivity. These include setting goals, staying hydrated, taking breaks, connecting with others, practicing mindfulness, and indulging in self-care practices like experimenting with new recipes or decluttering. Wrap up the month by reflecting on the memories you made the past month.



The information in this document is intended for informational purposes only and is not exhaustive, nor should any discussion or opinions be construed as professional advice.

30 DAILY ACTIVITIES						
Write down one S.M.A.R.T. goal you plan to achieve by the end of the month (Specific, Measurable, Action-Oriented, Realistic, Time Bound)	Plan to take a day off (or at least a half day) before the end of the month.	Track consumption of at least 64 oz of water today.	Go to sleep 30 minutes earlier than usual tonight.	Write down 3 specific goals you have for the week.	Meal plan your lunches and dinners for the next three days. Be sure to check your supplies and grocery shop accordingly.	Take 8,000 steps today. Consider exploring a new park or location in your community.
1	2	 3	4	5	6	7
Listen to an inspirational or motivational podcast of your choice. The options are endless, and many are free!	Eat every meal today technology free.	Wake up 15 minutes early and do something for yourself - anything that refreshes YOU.	Unplug from all technology (phone, computer, television) for 4 hours today.	Declutter and organize your workspace.	Sit outside and enjoy sunrise or sunset.	Write down 3 things you are grateful for before starting your day.
8	9	10	11	12	 13	14
Create a to-do list for the week including exercise, healthy eating, and mindfulness practices.	Check in with a co-worker or friend you have not seen in a while. Allow time and space to really be present while talking with them.	Make an effort to move around each hour, take longer routes, and do squats or lunges during breaks.	Practice mindfulness by paying special attention to the details of an activity you enjoy, like taking a walk, drinking a cup of coffee or listening to your favorite music.	Share 3 good things that happened this week over dinner.	Call or send a text to someone you have not spoken to in a while and ask them how they are doing. How they are REALLY doing.	Make time for at least 30 minutes of a special 'me time' activity.
 15	16	17	18	19	20	21
Make today a Meatless Monday. Encourage a friend or co-worker to do the same.	Try a healthy new recipe. Plan to make extra to allow for healthy leftovers!	Get 7 - 9 hours of sleep tonight.	Take 3 long, slow breaths each time you stand up from your chair today.	Write and mail (or email) a thank you note.	Fit two, 5-minute stretch breaks into your workday.	Make sure to include 30 minutes of intentional movement today, such as walking/running, dancing, yoga, strength training, or cycling.
22	23	 24	25	26	27	28
Spend today social media free.	Write down your favorite memories of the past month.	S.M.A.R.T. GOAL (Specific, Measurable, Action-Oriented, Realistic, Time Bound)				
29	30	<hr/> <hr/> <hr/> <hr/>				