

30 Health Habits

Day 1

Take a mindful, deep breath once an hour

Day 2

Stretch and meditate in the morning and evening

Day 3

Journal for 15 minutes

Day 4

Clean out your closet and donate old clothes

Day 9

Stand in the morning sun for ten minutes

Day 10

Look for flowers around you

Day 11

Write a positive note to yourself

Day 12

Drink more water

Day 17

Reach out to an old friend or relative

Day 18

Begin learning a new skill

Day 19

Revisit your financial goals

Day 20

Play sports

Day 25

Evaluate your morning routine

Day 26

Try a new food

Day 27

Spend a day off social media

Day 28

Listen to your favorite music

Pick one to do everyday for one month.
The more you practice healthy habits, the easier it becomes. You can go back to this list and keep adding new habits over time.

Day 5

Watch the sunrise

Day 6

Go on a long walk

Day 7

Cook your comfort meal

Day 8

Create art

Day 13

Do something that makes you laugh

Day 14

Phone Photography Challenge

Day 15

List 5 things you are grateful for today

Day 16

Say no to something/ someone without guilt

Day 21

Enjoy your favorite dessert

Day 22

Organize your workspace

Day 23

Compliment yourself during the day

Day 24

Check your budget

Day 29

Read a chapter from a book

Day 30

Spend a day in nature

The following pages have additional resources to help you put some of these habits into practice