types













professional



ideas

Under 5 min

- No and the star of the star

Under 30 min

× No.

Under 15 min

An Hour Or More

ideas

Under 5 min





stretch

breathing exercise

set daily intentions

set daily goals

cup of coffee

have a snack

Under 30 min



listen to a podcast

watch TED talks

exercise

cook a delicious meal

enjoy a hot bath



lunch with a friend

Under 15 min



An Hour Or More

Image: digital detoxImage: digital detoxImage: read a bookImage: digital detoxImage: digital det

daily plan







daily plan



- wake up early
- bullet journal
- morning workout
- cup of coffee/tea
- set dailt intentions



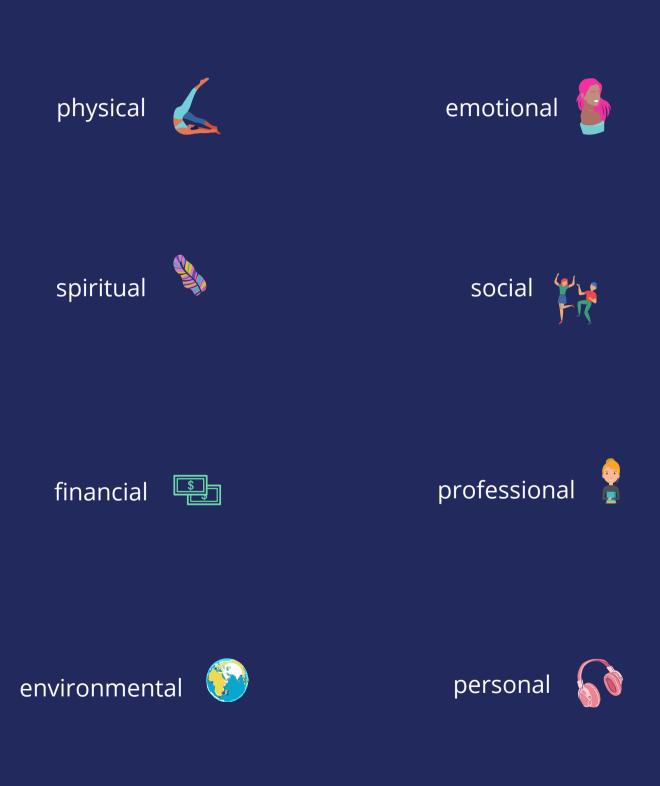
- lunch with a friend
- coffee with a coworker
- listen to a podcast
- tell someone you appreciate them
- go for a walk



- gratitude journal
- reading
- tomorrow's to-do list
- self-reflection
- relaxing bath
- bedtime snack

ADDRESS 8 DIMENSIONS OF

Wellness



WELLNESS CHALLENGE

ideas



- stretching
- walking
- workout
- nutritious meal
- hydrating drink



- meditation
- mindfulness music
- set daily intentions
- digital detox
- gratitude journal

financial



- set a budget
- create a shopping list
- track your expenses
- set financial goals
- become a mindful consumer

environmental



- reduce the use of plastic
- buy natural cosmetics
- DIY natural beauty products
- learn about low waste
- segregate your garbage



- bullet journal
- breathing exercise
- contact with nature
- challenge negative thinking
- positive self-talk





- talk to a friend
- quality family time
- practice assertiveness skills
- set personal boundaries
- get rid of toxic people



- set professional goals
- work smarter not harder
- boost your productivity levels
- eliminate distractions
- create work-life balance





- read more
- hobby
- quality "me time"
- learn new skills
- start a side project

WELLNESS CHALLENGE

ideas

Under 5 min

- NAN NAN NAN NAN NAN NAN

Under 15 min

Under 30 min

An Hour Or More

- **N**
- **N 1**
- <u>____</u>