

30 DAY GREEN CHOICE CHALLENGE!

1. Make your bed 	2. Tell someone you are grateful for them and why	3. Go to sleep at a decent hour	4. Meal prep food for the next few days	5. Go for a walk outside ...Make it a “mindful walk”!	6. Cook a meal & consider sharing it with someone else, too!	7. Make a donation or offer someone practical help.	
8. Practice the 54321 technique (example here)	9. Notice and label physical tension in your body (& drop those shoulders!)	10. Write yourself a thank you note or gratitude letter	11. Call a family member or friend you haven’t spoken to in a while.	12. Do 20 jumping jacks or “shake it out!” <i>(this is good for our parasympathetic nervous system)</i>	13. Actively let go of an unrealistic expectation or pressure you’ve been putting on yourself.	14. Give yourself a hug 	
15. Plan something to look forward to <i>(ex’s: dinner, travel, or friend date)</i>	16. Take a long bath or shower <i>(Add a sense shifter like an essential oil, bath bomb, or a candle!)</i>	17. Practice 3 mindful sighs <i>(or just take a few deep breaths!)</i>	18. Take a break from work 	19. Download an app for mindfulness/calm and try one exercise (options here)	20. Find something you can do to improve your sleep hygiene	21. Watch something on YouTube/TV that makes you laugh!	
22. Avoid any news/social media today	23. Visualize a “happy place” and spend 5 minutes there in your mind	24. Text a friend you are thinking about them	25. Watch the clouds drift by (on a walk or out the window) and let your mind wander	26. Write down 3 things you are looking forward to in the coming year	27. Do some chair yoga exercises or stretches in the middle of your workday	28. Tell someone you love them 	
29. Practice good electronic hygiene today, cut back on screen time!	30. Reflect on 3 things that you feel proud of or found contentment doing in the past year	Brought to you by 				 	