



30 Days Challenge

Mental Health Edition

- Day 1: Start a journal. Write down how you're feeling right now.
- Day 2: Spend 10 minutes meditating.
- Day 3: Identify one thing that makes you anxious and journal about it.
- Day 4: Take 15 minutes for a mindful walk.
- Day 5: Write down three positive things that happened today.
- Day 6: Practice deep breathing for 5 minutes.
- Day 7: Reflect on the week.

Week 1 Mindfulness



Week 2: Gratitude



- Day 8: List 5 things you're grateful for today.
- Day 9: Compliment someone. How does it make you feel?
- Day 10: Write a letter of appreciation to yourself.
- Day 11: Take 20 minutes to do something creative.
- Day 12: Spend time with a loved one or call a friend.
- Day 13: Smile at a stranger or say hello to someone new.
- Day 14: Reflect: How has focusing on positivity made you feel?

- Day 15: Take a 1-hour digital detox.
- Day 16: Try a new self-care activity.
- Day 17: Share something about your mental health journey with a friend.
- Day 18: Write down 3 things you like about yourself.
- Day 19: Do something that makes you laugh.
- Day 20: Have a healthy meal and take time to enjoy it.
- Day 21: Reflect: How does self-care impact your mental health?

Week 3: Self-Care



Week 4: Growth and Resilience



- Day 22: Write about a challenge you've overcome. How did it make you stronger?
- Day 23: Set a small personal goal for the week.
- Day 24: Practice 5 minutes of grounding exercises.
- Day 25: Journal about a limiting belief you have and how you can overcome it.
- Day 26: Engage in a hobby or try learning something new.
- Day 27: Spend time with nature.
- Day 28: Reflect: How have you grown this month?

- Day 29: Write down what mental health means to you and how you'll prioritize it moving forward.
- Day 30: Celebrate your progress by doing something you love. Reflect on the journey you've taken this month.

Final Days: Reflection



**CHOOSING TO HEAL IS
THE BRAVEST STEP
YOU CAN TAKE.**

For mental health support, reach out to us on careershodh@gmail.com or find us at [@careershodh](https://www.instagram.com/careershodh)



30-day challenge



New Habit:

Colour the Days You Performed the Task!

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How did it go?

What did I learn?

rate this challenge

