

30 DAY

POSITIVITY CHALLENGE

Studies show that having a positive mindset leads to better health outcomes in the long run. This 30 day positivity challenge is an activity for you to do alone, or with a co-worker or friend. You may print it out and hang it up, or keep it as easy access on your computer. You do not need to do these in order, but rather try incorporating them into your normal routines.

DAY 1 Write Down 3 things you are grateful for today	DAY 2 Send a message of appreciation to someone	DAY 3 Notice something beautiful around you. How does it affect your mood?	DAY 4 Give a genuine compliment to someone	DAY 5 What is a routine that makes your life easier?
DAY 6 Leave a positive note for someone to find	DAY 7 Appreciate something about your personality today	DAY 8 Try to smile at everyone you see today	DAY 9 Do a small act of kindness for someone	DAY 10 List 5 things you love about yourself. Why do you love them?
DAY 11 Be grateful for a place that makes you feel calm	DAY 12 Do something that makes you feel proud	DAY 13 Think about a happy memory. What does it mean to you?	DAY 14 Think of 3 moments that brought you joy today	DAY 15 Be grateful for the food you eat today
DAY 16 Make a list of 5 simple joys in your life.	DAY 17 Talk kindly to yourself. Talk to yourself the way you would talk to a friend	DAY 18 Write something about your health you appreciate	DAY 19 Give someone your full attention today. Phone down and eye contact	DAY 20 Think about someone you care about. How do you show them you care?
DAY 21 Celebrate a personal victory	DAY 22 Do something kind for yourself	DAY 23 Say "thank you" out loud at least 3 times today	DAY 24 Try to go the whole day without complaining. Notice more when you do complain	DAY 25 Spend time with someone without screens
DAY 26 Write a thank you note to a co-worker.	DAY 27 Be grateful for something that made you laugh recently	DAY 28 Spend 5 minutes noticing things that make you feel peaceful	DAY 29 Thank someone who has helped you recently	DAY 30 Think back about which ones of these were easy and hard for you. What ones can you keep doing on your own?

Tips for the 30-Day Positivity Challenge:

- You do not have to do them all in order, and you can do more than one in a day
- Notice how you feel when you complete a task. Is this something you think you can do on a regular basis?
- Remember being kind to ourselves is just as important as being kind to others. Your mindset affects your mood.