



January Wellbeing Challenge

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
<i>4th Give yourself two small goals to achieve this month</i>	<i>5th Ring someone you care about for a catch up</i>	<i>6th Make an effort to chat to someone new</i>	<i>7th Have a phone free night with family and friends</i>	<i>8th List 10 things you're grateful for</i>	<i>9th Leave a positive message for someone to find</i>	<i>10th Make/help to make a meal for family or friends</i>
<i>11th Get an early night's sleep! 8-10 hours minimum!</i>	<i>12th Get up 10 mins earlier than usual</i>	<i>13th Read or colour... take time to relax in a quiet space</i>	<i>14th Do something kind for 5 people</i>	<i>15th Congratulate someone for an achievement that may go unnoticed</i>	<i>16th Give 4 people a genuine compliment</i>	<i>17th Take a 10 min walk/run. Get out in the fresh air!</i>
<i>18th Challenge yourself to go the whole day without complaining!</i>	<i>19th Get organised for the week ahead</i>	<i>20th Share your skills or talents with a friend and write them on the ability wall in school</i>	<i>21st Take a break from social media for one whole evening</i>	<i>22nd Look for something positive to say to everyone you meet today</i>	<i>23rd Invite over someone who would otherwise be alone</i>	<i>24th Give someone your place in the queue (in traffic, in the shop, in the canteen)</i>
<i>25th Share a happy memory with a friend or family member</i>	<i>26th Do one thing that you have been putting off</i>	<i>27th List 2 people in your life you can talk to anything about</i>	<i>28th Write out your favourite inspirational quote and give it to your form captain</i>	<i>29th Write a thank you card for someone in your life</i>	<i>30th Count your blessings: List the kind things others have done for you</i>	<i>31st Declutter! Get rid of five things you never use and donate to charity</i>