

do Good Movement™

30 Day Challenge

GRATEFUL

Tell someone why you are grateful for them today

MOVE

Get going! Try 30 minutes of yoga today

NATURE

Get outside! Can you go for a 10 minute walk today?

APPRECIATION

Today is national teacher appreciation day. Take time to send a message to your favorite teacher

RELAX

Take 15 minutes to be still. Listen to the sounds of the outdoors or some of your favorite music

REFLECT

Take a moment to write in a journal or on a piece of paper your current feelings

READ

Pick up a book, your favorite poem or article for 15 minutes

CONGRATULATE

Send a special message to a 2020 graduate or someone who has accomplished a major milestone

DANCE

Celebrate today by moving your body and dancing to your favorite song

KINDNESS

Write a letter or leave a message for a neighbor checking in

NATURE

Take a walk outside. Is there extra trash laying around? Is there a way you can help cleanup?

GIVEBACK

How can you support an organization you love through a donation of time or financially today?

GRATEFUL

What is one aspect about you that you're grateful for? What makes you different from others?

SURPRISE

How can you surprise a friend or family member today with a message of happy hello?

MOVE

Spend 30 minutes today to move your body though yoga postures

RELAX

Take 5 minutes to focus on just your breath. Try to think of nothing else. Let your body be still

FORGIVE

Is there someone, maybe even yourself, that you need to forgive. Give time & space to do that today,

CALL

Take a moment to call and connect with someone you haven't spoken with in a while

CREATE

whether it is in art, dance, song or food - take time to make something today

NEW

Try something new today; A book, a new meal or a new way to move your body

THANKFUL

Who can you send thanks today for their services and selflessness

REFLECT

Take time today to write down how this experience has changed you for the better

BREATHE

Take a moment to work on the 4-4-4 counted breath helping to create relaxation

CALM

Create a sense of calm for yourself through a way of self-care that works for you

READ

Find a positive quote that you can relate to that helps motivate and inspire you

LOVE

How can you show love to yourself and to one other person today?

GIVEBACK

What organization can you support today through donation of your time, items or financial means?

NATURE

What can you do today to help mother nature? Plant? Cleanup in your neighborhood? Make a birdfeeder?

MOVE

Take 30 minutes today to move your body through yoga postures

GOALS

Write it down. What is it that you WILL accomplish in the next 30 days?