

ACTION ALERT

30 Days OF SMALL, POWERFUL CHANGES CHALLENGE

☀️ 30 Days of Small, Powerful Changes Challenge

Small shifts create big transformations! This month, we're focusing on making **one simple, intentional change each day** to build long-term wellness. 🌱 ✨

◆ **Why join?** Spring is the perfect time to refresh your mind, body, and habits! **Tiny, consistent actions** add up to **big results**—so let's start small and build momentum together.

💡 **What to Expect:**

- ✓ Daily **gratitude & positivity** practices 🌸
- ✓ Healthier lifestyle choices (**sleep, hydration, movement**) 🏃 💧
- ✓ Nature-inspired habits (**morning sunlight, fresh air walks**) ☀️ 🌿
- ✓ Building connections & reducing stress 🧑 🤝 🤝 ❤️

Each day, you'll have **one small action step** designed to help you feel **more energized, balanced, and in control of your well-being!**

📅 **Use the challenge calendar & track your progress!**

📷 **Tag us using #SpiceUpYourWellness** and share your journey!

🌱 **Ready to take the first step? Let's start making small, powerful changes together!**

30 Days

OF SMALL, POWERFUL CHANGES CHALLENGE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
THRIVE	Write down 3 things you're grateful for	Drink a full glass of water first thing in the morning	Step outside for 5 minutes of fresh air	Compliment someone—out loud or in a message	Swap one processed food for a whole food
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SHINE	Unplug from screens for 30 minutes	Take a short walk after a meal	Eat something green with every meal today	Go to bed 30 minutes earlier than usual	Sit in the morning sunlight for a few minutes
	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
BREATHE	Try a new healthy snack or recipe	Breathe: inhale for 4, hold for 4, exhale for 4 (repeat 5x)	Do one kind thing for someone else today	Declutter one drawer, shelf, or small space	Spend 10+ minutes in nature or with plants
	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
GROW	Journal for 5 minutes—how are you feeling today?	Drink only water (and herbal tea) today	Choose a mantra for the day: "I am enough."	Turn off your phone 1 hour before bed	Play your favorite feel-good song and dance
	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
EMPOWER	Call or text someone you haven't talked to in a while	Write down one thing you're proud of this month	Walk barefoot on grass or dirt (if possible)	Prepare a healthy lunch for tomorrow	Try 5 minutes of meditation or quiet reflection
	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
NOURISH	Take a break and step outside mid-workday	Share a wellness tip with a friend	Reflect on how you've changed this month	Make overdue healthcare appointments	Set one small, powerful intention for next month