

2020 AUGUST

31 DAY WELLNESS MONTH CHALLENGE

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 CHOOSE WELLNESS & TAKE THE CHALLENGE
2 TAKE A LONG RELAXING BATH OR SHOWER	3 STATE YOUR MANTRA	4 MAKE BREAKFAST A PRIORITY	5 STOP AND STRETCH	6 DRINK AT LEAST 6 GLASSES OF WATER TODAY	7 TRY THAT NEW BEAUTY PRODUCT YOU'VE BEEN EYEING	8 TRY A NEW FITNESS CLASS
9 SET A SERENE SCENE FOR SLUMBER	10 MASK MONDAY	11 BOOK YOURSELF A BEAUTY TREATMENT	12 SHARE YOUR GUILT-FREE HEALTHY SWEET SNACK	13 JOURNAL & REFLECT ON WHAT YOU LOVED TODAY	14 SHARE YOUR #1 BEAUTY TIP	15 TREAT YOURSELF TO A SPA DAY
16 DIY A BEAUTY TREATMENT FROM YOUR KITCHEN	17 TAME YOUR MANE HAIR CARE DAY	18 PRACTICE MEDITATION	19 LIGHT A CANDLE OR DIFFUSE SOME ESSENTIAL OIL	20 WATCH A DOCUMENTARY OR TED TALK	21 SHARE YOUR WELLFIE SHELFIE	22 GO ON A WELLNESS DATE W/ A BESTIE
23 DECLUTTER ONE AREA OF YOUR HOME	24 SAY 3 THINGS YOU LOVE ABOUT YOURSELF	25 LOG 10,000 STEPS TODAY	26 SHARE YOUR FAVORITE STRESS LESS TIP	27 BRING THE OUTDOORS IN	28 LAY ON THAT LASH & LIP	29 TAKE YOUR EXERCISE OUTDOORS
30 TRY SOMETHING OUT OF YOUR COMFORT ZONE	31 SHARE WHAT YOU'RE GRATEFUL FOR	<p>Take the 31-day Wellness Month Challenge. Kick off Wellness Month with the "I Choose Wellness" pledge. Share your #wellfie and why self-care is important to you! Tag a friend to join the fun!</p> <p> @wellness_month #wellnessmonth #wellfie</p>				