

30 DAYS OF YOU

*"Never put yourself at the bottom of your to-do list."
-Melanie Whelan*

DAY 1:
Name 5 things you love about your body.

DAY 2:
Do one thing today that makes you happy.

DAY 3:
Have lunch with a friend.

DAY 4:
Establish a bedtime routine & stick to it.

DAY 5:
Take a self-help TAO screening



DAY 6:
Take a yoga class.



DAY 7:
Look up at the night sky & notice the stars.

DAY 8:
Eat some fruit today.



DAY 9:
Write down your favorite thing about yourself.

DAY 10:
Listen to your favorite song &



sing it out loud.

DAY 11:
Read your favorite quote.

DAY 12:
Drink more water.



DAY 14:
Attend a Mindful Yoga Workshop.

DAY 15:
Forgive yourself.



DAY 16:
Reduce your screen time-unplug for 1 hour.

DAY 17:
Practice Positive Self-talk.

DAY 18:
Write someone a thank you note.

DAY 19:
Watch your favorite movie.

DAY 20:
Try something new today.

DAY 21:
Say thank you more.



DAY 22:
Declutter your work or study space.

DAY 23:
Watch a Ted Talk.



DAY 24:
Look in the mirror & appreciate yourself.

DAY 25:
Take a walk through campus.



DAY 26:
Do something you LOVE!

DAY 27:
Take a nap for 15 min.



DAY 28:
List 5 things you are grateful for, before falling asleep.

DAY 29:
Practice Deep Breathing.

DAY 30:
Journal about the last 30 days & commit to doing it again.



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