

## 6-Week Wellness Challenge by saigon om

Week \_\_\_\_

Daily	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1) Sit and meditate on your breath for 10-15 minutes.							
2) Eat one plant-based meal.							
3) Walk outside at least 10 minutes, preferably in nature.							
4) Have gratitude for 3 things every day.							
5) Do your chores or daily activities with your full attention and without distractions.							
6) Practice watering someone's flowers ie. be kind, offer words of encouragement, be inspiring!							
7) Bring awareness of your ANTs (automatic negative thoughts) and counter them with something more positive.							

Weekly	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1) 1.5 to 3 hours of moderate to high intensity exercise of your choice.							
2) One meal/evening with your family with no devices and practice having positive/good conversations.							
3) Practice deep listening without judging, educating or giving advice to someone. At least twice a week.							
4) One whole day of not complaining about a thing. Look for the good in yourself, your family and the people you encounter.							
5) Read a few pages of a wholesome good book.							