





START DATE

END DATE

1. Watch your favourite movie →
2. Go for a walk →
3. Do 20 minutes of exercise →
4. Drink at least 2 litres of water →
5. Make a to-do-list of 5 things and do them
6. Have a digital free night →  *Keep going!*
7. Read a new book →
8. Declutter your room →
9. Write 3 things you're grateful for
10. Eat 5 portions of fruit/veg →
11. Do a favour or good deed →
12. Write down 3 positives about you →  *Over half way*
13. Practice mindfulness
14. Go on an early morning walk →
15. Cook something new →
16. Find a quote that inspires you →
17. Organise something fun →
18. Write down your goals
19. Take a social media detox →
20. Take 10,000 steps → **I DID IT!**

Document your challenges and share via Instagram and Twitter tagging @gcsepod for the chance of winning a spot prize.