

20 DAY MENTAL FITNESS CHALLENGE

Connect with your mind & body for the next 20 days with these daily exercises!

- 1** Find time to engage in an activity that brings you a sense of peace.
- 2** Take a moment to slow down what you're doing and practice breathing.
- 3** Make time for relaxation. (Try yoga or meditation)
- 4** Find an opportunity to connect with a friend or family member.
- 5** Over your RM3[®]-approved dinner, talk about three things you're grateful for.
- 6** Take a walk.
- 7** Allow yourself to be present in the moment throughout the day.
- 8** Talk about or write about what you are most excited for today.
- 9** Draw a picture of something you're grateful for.
- 10** Make a list of three things you want to do this year.
- 11** Sing a song.
- 12** Limit your screen time.
- 13** Read a book.
- 14** Make an RM3[®]-approved lunch.
- 15** Focus on the positive and try not to complain about anything.
- 16** Write down one thing you want to do this week, and do it.
- 17** Do one random act of kindness.
- 18** Go to sleep half an hour earlier.
- 19** Visualize yourself achieving your goals this year.
- 20** Reward yourself for completing the challenge!