

Advent 30 DAY WHAT'S UP CHALLENGE

30 THINGS TO HELP YOU FEEL GOOD OVER CHRISTMAS



Day 23 challenge

TAKE TIME FOR SOME SELF-CARE...

HAVE A WARM BATH OR SHOWER,
PUT ON YOUR COSIEST PJS, AND
GET A GOOD NIGHT'S SLEEP



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Day 24 challenge

LIGHT A CANDLE IN MEMORY
OF SOMEONE WHO CAN'T BE
WITH YOU



Day 25 challenge

CUDDLE SOMETHING
(A PET, PILLOW, TOY, PERSON)



Day 26 challenge

AVOID SOCIAL MEDIA FOR
24 HOURS



Day 27 challenge

PLAY A (BOARD) GAME
TOGETHER WITH A FRIEND OR
FAMILY



Day 28 challenge

TRY MAKING SOUP
FIND A WARMING SOUP RECIPE



Day 29 challenge

GET TOGETHER WITH FRIENDS AND WRITE
DOWN YOUR WISHES FOR THE FUTURE
(THINGS YOU WOULD LIKE TO DO OR FUNNY FANTASY WISHES
- LIKE MARRYING A POP IDOL!)



Day 30 challenge

PROMISE YOURSELF ONE THING
THAT YOU WILL DO
DIFFERENTLY IN THE NEW YEAR.

