

30 DAY MENTAL HEALTH CLEANSE

- Day 1** - Ask yourself, "How do I feel at the moment?"
- Day 2** - Eat all of your meals distraction free.
- Day 3** - Reflect on what your ideal day looks like.
- Day 4** - Morning and night, say 10 things out loud that you love about yourself.
- Day 5** - Determine everything that you are worried about at the moment.
- Day 6** - Identify the things that deplete your energy.
- Day 7** - Reflect on the lessons you've learned this week.
- Day 8** - Identify the small things that make you excited.
- Day 9** - Ask yourself, "What are the sources of my pain?"
- Day 10** - Ask yourself, "What do you want to be remembered by?"
- Day 11** - Have a good cry and channel your pain into a drawing or painting.
- Day 12** - Smile as much as you can today.
- Day 13** - Give 3 genuine compliments today without expecting any in return.
- Day 14** - Go exploring, distraction free.
- Day 15** - Create a positivity playlist.
- Day 16** - Treat yourself in whatever way makes sense.
- Day 17** - Take your Day 10 reflections and turn them into a game plan.
- Day 18** - Declutter the nonphysical.
- Day 19** - Forgive someone.
- Day 20** - Declutter the physical.
- Day 21** - Repeat all day, "I am unique and that is my gift to the world."
- Day 22** - Repeat all day, "I am my greatest source of motivation."
- Day 23** - Plan your week with you as a priority.
- Day 24** - Repeat all day, "It's okay to not be okay all the time."
- Day 25** - Repeat all day, "I am becoming a better person one day at a time."
- Day 26** - Repeat all day, "I will lift up others."
- Day 27** - Repeat all day, "I am doing my best."
- Day 28** - Repeat all day, "I am in control of what I can control."
- Day 29** - Repeat all day, "My past doesn't define me."
- Day 30** - Reflect on the past 30 days. Congrats, you're done!

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