

Vishwas - A 30 day mental well-being challenge

- 01 Post childhood picture
- 02 Do video call friends / family
- 03 Cook a simple meal
- 04 Track your moods for the day
- 05 Remember 1 happiest incident of your life
- 06 Decorate your room
- 07 Learn and use new vocabularies
- 08 Read one fictional short story
- 09 Learn a new language for 20 minutes everyday
- 10 Watch a movie with family
- 11 Drink 8 glasses of water today
- 12 Maintain a gratitude journal
- 13 Identify & eliminate things which deplete your energy
- 14 Go the entire day without complaining
- 15 Practise mindful eating with eyes closed
- 16 Practise self love through self hug
- 17 Write a love letter to your self
- 18 Use non-dominant hand to write and brush teeth
- 19 Do a crossword puzzle
- 20 Learn 3 steps from new style of dance
- 21 Eat all meals with your family today
- 22 Do simple workout regime
- 23 Draw a circle write positive words within
- 24 Virtual tour to museums or historical places
- 25 Watch your favourite childhood cartoon and animation movies
- 26 Test your Green thumb
- 27 Say no to junk food for a day
- 28 Give your emotion a shape and colour
- 29 Make a positive affirmation card
- 30 Reflect on the 30 days challenge