

30 DAY Slow-Up Challenge

DAY 1 Make an effort to smile more	DAY 2 Start a journal (and stick with it!)	DAY 3 Find affirmations that resonate with you	DAY 4 Drink 8 cups of water	DAY 5 Work on your sleep schedule
DAY 6 Practice mindfulness	DAY 7 Work on your posture	DAY 8 Get moving	DAY 9 Reinvent your wardrobe	DAY 10 Eat more veggies
DAY 11 Do something nice	DAY 12 Take a break from technology	DAY 13 Declutter your space	DAY 14 Spend time in nature	DAY 15 Eat a healthy meal
DAY 16 Work on goal-setting	DAY 17 Do something you enjoy	DAY 18 Connect with friends or family	DAY 19 Give your skin a break	DAY 20 Step out of your comfort zone
DAY 21 Practice gratitude	DAY 22 Connect with your creative side	DAY 23 Practice self-care	DAY 24 Get a manicure	DAY 25 Make a music playlist
DAY 26 Purge your social media	DAY 27 Buy yourself a present	DAY 28 Try out a new haircut or hairstyle	DAY 29 Give yourself a break	DAY 30 Celebrate and reflect!