



AMBASSADOR'S MENTAL HEALTH WELLNESS CHALLENGE

CHALLENGE 1

Go to bed
1 hour earlier
than usual

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CHALLENGE 2

Journal 10
things you're
grateful for

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CHALLENGE 3

Give
someone a
genuine
compliment

☐

CHALLENGE 4

Call
someone you
love

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CHALLENGE 5

De-clutter
your room or
desk

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CHALLENGE 6

Read for
20-30
minutes

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CHALLENGE 7

Make a list
of short
term goals

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CHALLENGE 8

Send a
handwritten
thank you
note

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CHALLENGE 9

Unfollow/
unsubscribe
from
unnecessary
emails/ people

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CHALLENGE 10

Get rid of 5
things you
never use

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CHALLENGE 11

Enjoy the sun.
Eat lunch
outside

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CHALLENGE 12

Exercise

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CHALLENGE 13

Send an
encouraging
text to 5
people

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CHALLENGE 14

Wake up 30
minutes
earlier to
meditate/ reflect

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CHALLENGE 15

Take a
break from
social media

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CHALLENGE 16

Go the
entire day
without
complaining

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CHALLENGE 17

Ask someone
'how they are
doing?' and take
time to
listen

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CHALLENGE 18

Make time
for a
wholesome
breakfast

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CHALLENGE 19

Do one
thing you've
been putting off

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CHALLENGE 20

Don't
overthink.
Practice being
present

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