

Mental Health Partners



NOVEMBER CONFIDENCE CHALLENGE

#CONFIDENCECHALLENGE2020
#MYWELLNESSJOURNEY

S M T W T F S

1 Take Care of the Basics: Eat, Sleep, and Hygiene.	2 Write a List of Things You Love About Yourself	3 Put on Your Favorite Outfit and Take a Selfie	4 Do Your Favorite Workout	5 Read Your Favorite Book	6 Watch a Show that Makes You Laugh	7 Take a Walk Outside and Maybe with a Pet or Family
8 Organize Something You've Been Meaning To	9 Write Three Things You've Accomplished	10 Reach Out to An Old Friend/Family Member	11 Give Someone a Compliment	12 Enjoy a Hobby or Learn Something New	13 Challenge Yourself to Something New	14 Cook Your Favorite Meal
15 Create a list of supportive people/resources	16 Express Gratitude	17 Write a list of Goals: Short-term and Long-term	18 Practice Self-Care	19 Practice More Self-Care	20 Take Another Selfie and Post About Your Progress	21 Do Something Safely Outdoors at Home or in a Safe Space
22 Do something relaxing	23 Write In A Journal	24 Join an Online Yoga Class or Wellness Activity	25 Connect with a New Person	26 Get to Know Someone a Little Bit More	27 Treat Yourself Out to Eat/Take-Out	28 Try Out A New Workout Activity
29 Practice Self Care	30 Take Your Final Selfie and Share Your Experience					

ADD MENTAL HEALTH TO YOUR WELLNESS JOURNEY

[MHPCOLORADO.ORG/WELCOME-TO-YOUR-WELLNESS-JOURNEY](https://mhpcolorado.org/welcome-to-your-wellness-journey)