

Tiny Buddha's 30-Day Healthier You Challenge

Take the Healthier You Challenge to boost your physical and mental health.

You can complete the challenges in order, pick and choose each morning, or build the challenges on top of each other so that you finish the month with 30 new habits to continue throughout the year!

Day 1: Drink an extra glass of water.

Day 2: Jot down five things you're grateful for after waking up to start the morning on a positive note.

Day 3: Replace an unhealthy snack with fruit or vegetables.

Day 4: Spend five minutes meditating or taking deep breaths to calm your mind.

Day 5: Go the whole day without drinking anything with sugar or sweetener in it.

Day 6: Listen to a guided meditation before bed to help you get better sleep. You'll find tons of free options on YouTube!

Day 7: Break a sweat, whether you do cardio, dance, or simply jog in place.

Day 8: Spend five to ten minutes enjoying nature to create inner calm. Walk outside, make a snowman, watch the sunrise or sunset, stargaze, stare up at the clouds—the possibilities are endless!

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Day 9: Every time you use the bathroom today, do five squats before you leave the room.

Day 10: Start the day with a positive intention and check in with yourself throughout the day to assess how you're honoring it.

Day 11: Get up and walk for two minutes (or more!) for every hour you spend sitting.


Day 12: Write down all your worries before bed and one possible solution for each to help you let them go so you can get a good night's sleep.

Day 13: Ask yourself before snacking, "Am I hungry for food or feeling something that I need to address instead of eating?" Then do something constructive to address the real issue.

Day 14: Write a forgiveness letter to someone who hurt you (that you don't have to send), trying to empathize with why they did what they did.

Day 15: Make every meal mindful—no TV, no phone, no other distractions. Solely focus on the textures and tastes, and savor the experience.

Day 16: Spend at least fifteen minutes doing something that will make you laugh or smile—watch comedy clips, play with your dog, call your funniest friend.



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Day 17: Skip caffeine today, or drink one fewer caffeinated beverage than usual.

Day 18: Write empowering messages on five sticky notes and leave them around your house.

Day 19: Chew your food ten times before swallowing to improve your digestion.


Day 20: Spend an hour before bed disconnected from a technology to help you wind down and get a good night's sleep.

Day 21: Measure all your meals to ensure your portion sizes are healthy.

Day 22: Make your shower meditative. Tune into the sensations of the water and soap of your body, and visualize your worries going down the drain.

Day 23: Do a brain exercise to keep your mind sharp (search for "free brain game and you'll find a ton!")

Day 24: Make your shower meditative. Tune into the sensations of the water and soap of your body, and visualize your worries going down the drain.



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Day 25: Take a short walk on your lunch break, inside or out.

Day 26: Practice being a non-judgmental observer of your thoughts so you can let them go instead of getting caught up in mental drama.

Day 27: Replace unhealthy fats with healthy fats (for example, put avocado on your sandwich instead of mayonnaise).

Day 28: Do five minutes (or more!) of yoga on your own or using a YouTube video for guidance. (Search for "five-minute yoga videos" and you'll find a ton!)

Day 29: Go to sleep a half-hour earlier than usual so you're more rested tomorrow.

Day 30: Write down five things you did well at night to celebrate your small wins and boost your self-esteem.

Congrats! Congrats! You made it through the month and are now well on your way to a healthier, happier you. I hope you enjoyed the challenges. If you've found Tiny Buddha helpful, please invite your friends to receive tips and insight in their inbox by joining at tinybuddha.com/list. ~Lori Deschene, Tiny Buddha founder