

1 Reflect on last month's accomplishments and create this month's goals.	2 Practice mindful breathing.	3 Meditate while diffusing inspiring essential oils.	4 Journal and reflect on your thoughts.	5 List 10 things you love about yourself.
6 Connect with nature.	7 Create a gratitude list.	8 Schedule alone time.	9 Call or text an old friend.	10 Give an anonymous gift or note.
11 Be fully present in conversation and offer undivided attention.	12 Serve someone else.	13 Tell someone why you're grateful for them.	14 Learn about a loved one's interest.	15 Smile at others.
16 Prep healthy snacks for the week.	17 Get a full night's sleep, 7-8 hours.	18 Exercise in a new way.	19 Eat a healthy breakfast, complete with NingXia Red.	20 Drink an extra glass of water.
21 Get up and move every hour.	22 Create a meal plan for next week.	23 Initiate a new friendship or connection.	24 Take a different route while driving.	25 Try a new recipe or restaurant.
26 Experiment with a new skill or hobby.	27 Pick a new book to read.	28 Create a new outfit or clothing combination in your closet.	29 Find new music for your playlists.	30 Find an inspirational quote and put it somewhere you'll see it.

31
Plan next month's goals!

31 ways to improve your mental health