

30 Days of Things to Do INSTEAD OF SCROLL

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
Take a power nap	Write in your journal	Schedule that haircut you need	Spend time out in nature	Create a vision board
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
Get inspired with a new podcast	Have a home spa day	Take a long bath	Write down your plan for the week	Watch a movie
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Call your best friend	Treat yourself to something nice	Make your favorite meal	Wake up 30 minutes early	Have a game night with friends
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Go to bed 30 minutes earlier	De-clutter your bedside table	Write out your grocery list	Read a book	Try an online workout
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Practice 5-5-7 breathing	Listen to a movie soundtrack	Stretch for 30 minutes	Cook a new recipe	Schedule a date night
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Spend time in Scripture	Call your mom/dad or grandma	Avoid social media the entire day	De-clutter your bathroom	Start a daily gratitude journal