

# 30-Day Mental Fitness Challenge Card



**COMPLIMENTARY 60-MINUTE GROWTH SESSION**

***Completed your 30-day challenge? That's amazing!***

Scan the QR code or email [growthluminance@gmail.com](mailto:growthluminance@gmail.com) with a photo of your completed card to redeem your complimentary 60-minute Growth Session!

## **Feeling great?**

Imagine what your whole team could do with a boost! We bring the fun (and science!) through corporate mental wellness talks and team growth workshops.

Hit us up at **[www.growthluminance.com](http://www.growthluminance.com)**!



1 Write down one thing you're grateful for	2 Take three deep breaths before checking email	3 Drink water before your first coffee or tea	4 Text a friend: "Thinking of you today" 	5 Stand and stretch for 2 minutes at your desk	6 Note one personal strength you used today
7 Walk outside for 5 minutes 	8 Pause and name 3 things you can see around you	9 Listen to your favorite upbeat song	10 Take a tech-free lunch break 	11 Compliment a colleague or friend	12 Write down one goal for tomorrow 
13 Drink an extra glass of water	14 Recall a past success for 1 min	15 Practice box breathing for 3 minutes 	16 Share a funny meme with someone	17 Take the stairs instead of the lift	18 Name one thing that made you smile today
19 Do 10 desk push-ups or chair squats 	20 Close your eyes & relax shoulders for 1 min	21 Thank someone who helped you recently	22 Write down one thing you're proud of this week	23 Try a 5-min guided meditation 	24 Eat one healthy snack today 
25 Call someone instead of texting them	26 Name 3 things you can hear right now	27 Share a tip or resource with a colleague	28 Do 20 jumping jacks or stretch breaks	29 Write down a positive affirmation	30 Reflect on your 30-day journey 