

YOUR 7 DAY WELLBEING CHALLENGE

One small habit.
Every day for 7 days.

Lift your mood.

Gratitude
Movement
Kindness
Disconnect
Curiosity
Connection
Reflection



GRATITUDE NOTE

Write down 3 things
you're grateful for
before you look at
your phone.

MOVE OUTSIDE

Take a 10-minute
walk with no
headphones
- just notice the
world around
you.

RANDOM KINDNESS

Do one unexpected
kind act for someone
- a compliment,
a message, or
a coffee.

SCREEN-FREE HOUR

Spend one hour
completely offline.
Read, sketch, cook,
or just sit.

LEARN SOMETHING SMALL

Spend 15 minutes
learning something
purely out
of curiosity.

CONNECT DEEPLY

Have a real
conversation with
someone - no small
talk, ask how they
really are.

REFLECT & CELEBRATE

Write one sentence
about how the week
shifted you. Then
celebrate.


your life!

COUNSELLING . LIFE COACHING . HEALTH ADVICE



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