## The Asquith Wellness Challenge

This season we want to help you feel wonderful as we step into the winter months.

Each week we will be challenging you to create a new habit to help look after your mind, body, and soul. Small steps, create big changes so you can use this handy guide to help you on your journey. Simply tick off each wellness task once you have completed it as a daily reminder to look yourself so you can feel wonderful today, tomorrow and forever.



Feel wonderful®

Wellness Tasks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sleep Zzzz																															
Water Drink at least 2 litres a day																															
Exercise Get your heart pumping																															
Meditation Even if it is only 5 minutes																															
Yoga or Pilates Stretch, bend, breathe, move																															
Nature Get out in the fresh air																															
Tea break Go on, put the kettle on																															
Self Care Bubble bath, face mask, a call with a friend.																															
Smile All Day Everyday!																															