

THE JOY OF MO'VEMENT

For Mind, Body & Emotional Health & Wellbeing Self-Care CHALLENGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1: Mind	DAY 1 Create MO're confidence. Say: "I can _" "I will _" (Learn more)	DAY 2 Meditate for 5-10 minutes	DAY 3 Commit to a no negative self-talk day	DAY 4 Learn what MO'tivates you (Take the self-assessment here)	DAY 5 Do 1 minute of push-ups to strengthen self-esteem	DAY 6 Unplug from technology for 1/2 a day	DAY 7 Read or Listen to your favourite book/podcast	
Week 2: Body	DAY 8 Rebound or Bounce on the spot for 1 minute	DAY 9 Schedule a walking or stand up meeting	DAY 10 Power Pose for 2 minutes 	DAY 11 MO've your body for 30 minutes (3 x 10 min bouts)	DAY 12 Connect with your breath for 1 minute	DAY 13 Sleep in or go to bed early	DAY 14 Power Walk for 20 - 30 minutes	
Week 3: Emotional	DAY 15 Make a list of 10 things that make you happy :)	DAY 16 Acknowledge every compliment by saying thank you.	DAY 17 Listen to your favourite music station/podcast to lift your mood	DAY 18 Get your heart pumping with 10-15 minutes aerobic activity	DAY 19 Connect/Contribute to a cause you care about	DAY 20 Choose one thing to Feel proud about	DAY 21 Stand in your favourite yoga pose for 5 min	
Week 4: Health & Wellbeing	DAY 22 End your day with a gratitude list	DAY 23 Make plans to connect with a friend or family member	DAY 24 Drink 5-8 250 mL glasses of water	DAY 25 Schedule a recreational activity you enjoy	DAY 26 Walk in nature 30-45 minutes to feel MO're grounded	DAY 27 Boost your self-care and beauty regime	DAY 28 Complete Mo's 15 minute Morning Success Routine	

"Self-care is the gift that keeps on giving"
 -Mo Hagan



MO HAGAN
 INFLUENCING POSITIVE CHANGE FOR WOMEN WORLDWIDE

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