



Do: at any time. Aim to do each at least once during the challenge.

1. Take a bath

Good for your soul (but also your muscles, your skin, your nervous system and your sleep).

2. Go barefoot

Take your shoes off and stand on grass, sand or earth. It's a practice called grounding and it allows us to connect back to nature. Plus it feels nice.

3. Brew

Make yourself a cup of tea in a lovely cup. It's a simple ritual that allows you to pause. If you need a special tea we just happen to have our very own blend of Mayde Tea. It's our favourite.

4. Breathe

Take 10 deep breaths. You'll have to focus, slow down, and be present. Magic!

5. Meditate

Aim for 10 minutes. If you need some help, try the Headspace app for a free 10 day meditation challenge.

6. Give yourself some love

Practice dry body brushing or self massage for a few minutes. It's a simple method to connect to your body in a positive way.

7. Hug somebody

The instant oxytocin boost will make you happier, healthier, and calmer. Both of you.

8. Use your phone

But not for scrolling. Call someone to tell them how special they are. We're social creatures and we need connection and community to thrive.

9. Compliment someone

And not on their appearance. Tell a friend how much you appreciate them. Tell your Dad he's a great cook. Spread some love.

10. Read

Something inspirational. Big Magic by Elizabeth Gilbert or Risk and Resilience by Lisa Messenger are good ones to start. You never know what it might spark in you.