

2024

75 Wellthy Challenge

A NEW BEGINNING

WELLTHY CHALLENGE

2024

75 WELLTHY CHALLENGE

CHALLENGE RULES

BIBLE STUDY 1X A DAY

OR 10 MINUTES OF MEDITATION

WORKOUT 6X A WEEK FOR 30 MINUTES, ONE DAY IS
AN ACTIVE REST DAY

AUTO-TRANSFER 10% OF YOUR INCOME INTO HIGH
YIELDS SAVING ACCOUNT AS SOON AS YOU GET PAID
(OR INCREASE SAVINGS RATE BY 5% IF YOU ALREADY
SAVE 10%).

WELLTHY CHALLENGE

2024

CALENDAR:

UNFOLLOW OR UNSUBSCRIBE FROM AN ACCOUNT/EMAIL MARKETING THAT INFLUENCES YOU TO IMPULSIVELY SPEND MONEY OR ENCOURAGES BEHAVIORS THAT AREN'T IN ALIGNMENT WITH THE PERSON YOU WANT TO BE.

UPDATE RESUME

LISTEN TO A FINANCIAL PODCAST WEEKLY

READ A FICTIONAL BOOK (USE YOUR LOCAL LIBRARY- LIBBY AND HOOPLA ARE GREAT APPS TO USE)

DECLUTTER 5 ITEMS 1X A WEEK

WRITE AN EMAIL OR LETTER OF GRATITUDE TO SOMEONE IN YOUR LIFE. EMAIL OR MAIL OUT THE LETTER.

WELLTHY CHALLENGE

2024

EIGHT DIMENSIONS OF WELLNESS

PHYSICAL WELLNESS

PHYSICAL WELLNESS CONSISTS OF RECOGNIZING THE NEED FOR PHYSICAL ACTIVITY, HEALTHY FOODS, AND SLEEP, AS WELL AS PREVENTING ILLNESS AND INJURY OR MANAGING CHRONIC HEALTH CONDITIONS.

EMOTIONAL WELLNESS

EMOTIONAL WELLNESS CAN BE DEFINED AS BEING KIND TO YOURSELF WHILE COPING EFFECTIVELY WITH LIFE AND CREATING SATISFYING RELATIONSHIPS

SOCIAL WELLNESS

SOCIAL WELLNESS IS DEFINED AS DEVELOPING A SENSE OF CONNECTION, BELONGING, AND A WELL-DEVELOPED SUPPORT SYSTEM.

INTELLECTUAL WELLNESS

INTELLECTUAL WELLNESS IS DEFINED AS RECOGNIZING ONE'S CREATIVE ABILITIES AND FINDING WAYS TO EXPAND KNOWLEDGE AND SKILLS.

WELLTHY CHALLENGE

2024

EIGHT DIMENSIONS OF WELLNESS

ENVIROMENTAL WELLNESS

ENVIRONMENTAL WELLNESS IS DEFINED AS OCCUPYING PLEASANT, STIMULATING ENVIRONMENTS THAT SUPPORT WELL-BEING.

SPIRITUAL WELLNESS

SPIRITUAL WELLNESS IS DEFINED AS EXPANDING A SENSE OF PURPOSE AND MEANING IN LIFE, INCLUDING ONE'S MORALS AND ETHICS. IT MAY OR MAY NOT INVOLVE RELIGIOUS ACTIVITIES.

VOCATIONAL WELLNESS

VOCATIONAL WELLNESS IS DEFINED AS GAINING PERSONAL SATISFACTION AND ENRICHMENT FROM ONE'S WORK, WHETHER THAT BE ACADEMIC WORK WHILE IN COLLEGE OR A JOB AFTER GRADUATION.

FINANCIAL WELLNESS

FINANCIAL WELLNESS IS DEFINED AS SATISFACTION WITH CURRENT AND FUTURE FINANCIAL SITUATIONS.

WELLTHY CHALLENGE

01

JANUARY
2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	listen to podcast episode 1	Non-plastic water bottle 2	Unfollow/Unsubscribe 3		Declutter 5	
letter of gratitude 7	listen to podcast episode 8		Unfollow/Unsubscribe 10		Declutter 12	
letter of gratitude 14	listen to podcast episode 15		Unfollow/Unsubscribe 17		Declutter 19	
letter of gratitude 21	listen to podcast episode 22		Unfollow/Unsubscribe 24	Pick fictional book 25	Declutter 26	
letter of gratitude 28	listen to podcast episode 29		Unfollow/Unsubscribe 31			

TO DO

NOTES



WELLTHY CHALLENGE

02

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Declutter	3 Start Updating Resume
4 letter of gratitude	5 listen to podcast episode	6	7 Unfollow/ Unsubscribe	8	9 Declutter	10
11 letter of gratitude	12 listen to podcast episode	13	14 Unfollow/ Unsubscribe	15 Halfway mark on book	16 Declutter	17
18 letter of gratitude	19 listen to podcast episode	20	21 Unfollow/ Unsubscribe	22	23 Declutter	24 Finish Resume
25 letter of gratitude	26 listen to podcast episode	27	28 Unfollow/ Unsubscribe	29		

TO DO

NOTES



WELLTHY CHALLENGE

03

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Declutter	2
3 letter of gratitude	4 listen to podcast episode	5	6 Unfollow/ Unsubscribe	7	8 Declutter	9
10 letter of gratitude	11 listen to podcast episode	12	13 Unfollow/ Unsubscribe	14	15 Declutter	16 Finish fictional book
17 letter of gratitude to yourself	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

TO DO

NOTES



WELLTHY CHALLENGE

2024

Emotional	Unfollow and unsubscribe from an account or email marketing that influences you to impulsively spend money or encourages behavior that isn't in alignment with the person you want to be 1x a week.	Read a fictional book (extra credit if it's a romance novel).
Physical	Workout 6x a week for 30 minutes; one active rest day	
Vocational	Update your resume	Send your updated resume out for a "better" job/company (better can mean more flexibility, better benefits, more passion driven, higher paying) if you want for a new job.
Social	Write a letter (or email) of gratitude to someone you're thankful for and mail/email it (1x a week).	

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Spiritual	Start a 1-year bible reading plan. Journal on the goodness of God 1x a day. OR 10-minute of meditation 1x a day	
Intellectual	Listen to a personal finance podcast 1x a week.	
Environmental	Switch from a plastic water bottle to glass or stainless steel water bottle.	Declutter by selling or donating old items. Get rid of 5 items a week.
Financial	Auto-transfer 10% of your income in a high yield saving account.	*ways to save more -- cook at home 6x a week, pack your lunch, cancel unused or barely used subscriptions, create a budget to see where your money is going, start a side hustle/work overtime

TO DO

