



21-DAY WELL CHALLENGE

WHOLE PERSON • ENVIRONMENT • LIFESTYLE • LEARNING

Are you looking to expand your understanding of multicultural wellness?

Join the 21-Day WELL Challenge and learn about each of the Six Dimensions of Wellness through a multicultural lens. This challenge was developed using the NWI Multicultural Wellness Wheel, NWI Six Dimensions of Wellness, and Dr. Eddie Moore Jr.'s 21-Day Racial Equity Habit Building Challenge©

STEP 1

Each day choose a challenge resource to *read, watch, listen, act, or reflect* that supports your **WHOLE PERSON** well-being.

STEP 2

Consider how the daily challenge resource applies to your **ENVIRONMENT** — *where you live, work, play, learn, and reflect.*

STEP 3

Make it a **LIFESTYLE!** Use your 21-Day WELL Challenge Tracking Sheet to help establish your daily habits.

STEP 4

What did you **LEARN?** Reflect on each day's challenge experience using the provided **W.E.L.L.** reflection prompts.

Learn • Connect • Grow
Make wellness a habit!



A special thank you to
Dr. Eddie Moore Jr. and the
University of West Georgia's Health
and Community Wellness undergrad students
for providing valuable resources for this Challenge.

#21DayWELLChallenge

Scan the QR code to learn more and get started!

NationalWellness.org/Challenge