

# **30 DAY CHALLENGE**

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**Do One Thing Every Day To  
Improve Your Self And Your Life**

Day	Self-Improvement Action	Done
Day 1	Make a list of things I want to improve about myself or my life	
My Notes		
Day 2	Repeat positive affirmations	
My Notes		
Day 3	Read a self-help book	
My Notes		
Day 4	Create a bedtime ritual/routine	
My Notes		
Day 5	Meditate	
My Notes		
Day 6	Find a mentor or hire a life coach	
My Notes		

<b>Day 7</b>	<b>See a psychologist or therapist to work on your issues</b>	
My Notes		
<b>Day 8</b>	<b>Evaluate your life and assess what holds you back from things you want to do or become</b>	
My Notes		
<b>Day 9</b>	<b>Make a list of your emotional baggage and plan how you will deal with these things</b>	
My Notes		

<b>Day 10</b>	<b>Evaluate your romantic relationship, are you happy, and satisfied, or are there problems that need to be resolved</b>	
My Notes		
<b>Day 11</b>	<b>Tell someone you trust one of your deep dark secrets</b>	
My Notes		
<b>Day 12</b>	<b>Consider your childhood, are there serious unresolved issues? If yes, consider how you will deal with these</b>	
My Notes		

<b>Day 13</b>	<b>Make a career goal and a plan of action</b>	
My Notes		
<b>Day 14</b>	<b>List all your bad habits, diet, lack of exercise, smoking, drug use – commit to making changes</b>	
My Notes		

<b>Day 15</b>	<b>Start a self-awareness journal – focus knowing yourself and self- understanding</b>	
My Notes		
<b>Day 16</b>	<b>List all the things you believe that you can do</b>	
My Notes		
<b>Day 17</b>	<b>List all the things you believe you cannot do and add the reasons you believe cannot do them for each one</b>	
My Notes		

<b>Day 18</b>	<b>Consider the limits, either actions or beliefs you pose on yourself, list them, and the reasons you believe these limits are valid</b>	
My Notes		
<b>Day 19</b>	<b>Ask yourself if you love yourself?</b> Consider: do your behaviors and the life you live reflect that? Do you respect yourself and demand respect from others? Are your relationships nurturing? Do you take care of yourself?	
My Notes		

<b>Day 20</b>	<b>Consider your life purpose</b>	
My Notes		
<b>Day 21</b>	<b>Ask yourself if you are living a fulfilling life</b>	
My Notes		
<b>Day 22</b>	<b>Practice Yoga</b>	
My Notes		
<b>Day 23</b>	<b>Define your values</b>	
My Notes		
<b>Day 24</b>	<b>Define goals you have for your own inner peace, happiness and fulfillment</b>	
My Notes		



<b>Day 25</b>	<b>Write how you see your life in 5 years</b>	
My Notes		
<b>Day 26</b>	<b>Create balance in your life: set time for self, work, family, recreation</b>	
My Notes		
<b>Day 27</b>	<b>Make a bucket list: all the things you want to do before you die</b>	
My Notes		

<b>Day 28</b>	<b>Get rid of one thing or person that brings you down</b>	
My Notes		
<b>Day 29</b>	<b>Create a detailed stress management plan</b>	
My Notes		

**Day 30**

**Celebrate! You completed the 30-day challenge!**