

30-Day Self-Improvement Challenge.

Start date: _____

My why: _____

Week 1: Build your foundation

1	Write your "why."	☐
2	Make your bed every morning	☐
3	Drink a glass of water when you wake up	☐
4	Set a fixed bedtime	☐
5	Declutter one small area	☐
6	Plan tomorrow tonight	☐
7	Review the week	☐

Week 2: Take care of your body

8	Take a 10-minute walk	☐
9	Eat one extra serving of vegetables	☐
10	Stretch for 5 minutes	☐
11	No screens for the last 30 minutes before bed	☐
12	Do a short workout	☐
13	Prepare one healthy meal from scratch	☐
14	Get outside for 20 minutes in daylight	☐

Week 3: Train your mind

15	Read for 10 minutes	☐
16	Write three things you are grateful for	☐
17	Do 5 minutes of quiet breathing or meditation	☐
18	Try a 2-hour phone-free block	☐
19	Do the task you have been avoiding	☐
20	Learn something new for 20 minutes	☐
21	Journal about a mistake you are still carrying	☐

Week 4: Design your future

22	Reach out to someone you care about	☐
23	Review your spending for the past month	☐
24	Unfollow 10 accounts that make you feel worse	☐
25	Do something kind for someone without telling anyone	☐
26	Write down one big goal for the next 90 days	☐
27	Break that goal into the first three small steps	☐
28	Do a Sunday-style weekly reset	☐
29	Write a letter to yourself one year from now	☐
30	Celebrate and choose your keepers	☐

✓ One task a day, 5 to 30 minutes ✓ Keep the habits that help ✓ Never miss twice