

Ideas for 30 Day Challenges to Try

FOR HEALTH & FITNESS	Drink 8-10 glasses of water daily	Stop working after a designated time
Quit consuming added sugar	Stretch or foam roll for 10-15 mins	Meditate daily
Stick to a screen time limit	Give up one bad habit	Create a vision board & reflect on it
Keep a food journal	Try a different way of eating	Follow a bedtime routine
Avoid ultra-processed snacks	Walk daily for 20-30 minutes	Spend some time in nature
Eat 5-6 servings of fruits & vegetables	FOR MENTAL HEALTH & HAPPINESS	Cultivate a non-screen hobby
Sleep for at least 7-8 hours	Give meaningful compliments	Keep a journal
Try a fitness challenge	Stop complaining	Read or write daily affirmations
Try intermittent fasting	Create & stick to a morning routine	Avoid negative self talk
Walk 5,000/8,000/10,000 steps a day	Read 20 pages a day	Listen to an inspiring podcast
No fast food or takeaway	Maintain a gratitude journal	Laugh everyday
Eat at least one home-cooked meal	Practice daily self care	Make a happy list & do one thing daily

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FOR MANAGING FINANCES	Learn a few card magic tricks	FOR YOUR BLOG/BUSINESS
Track your spending	Make a short video every day	Start that damn business/side hustle
Create & stick to a budget	Watch a TED talk	Dedicate 1 hour to educating yourself
Try a shopping ban	FOR ORGANISED LIVING	Reach out to one new person
Try a savings challenge	Set your top 3-5 priorities for each day	Show up on Stories at least once a day
FOR CREATIVITY	Give away/donate one thing every day	Publish 1 post a day on your blog/SM
Take a photo a day	Live by a meal plan	FOR BETTER RELATIONSHIPS
Draw, paint or doodle every day	Make your bed every morning	Call your parents/relatives/old friends
Read or write a poem	Declutter	Write a love note to your partner/child
Complete a needlepoint project	Make a list of unfinished projects & complete them	Participate in your partner's hobby
Art journal	Try a capsule wardrobe	Surprise your partner every day
Learn a new language		

30 Day Challenge Trackers

Challenge:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

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