

Fun 30 Day Challenge Ideas

Wellbeing & Happiness Challenges

- Journal
- Write a gratitude list every day
- Practice yoga for 15 minutes
- Spend time in nature
- No screen time after a designated time
- Practice positive affirmations
- Read for 20 minutes before bed
- Random act of kindness
- pay a compliment every day
- Declutter

Personal Growth Challenges

- Find and shadow a mentor
- Go to bed an hour early
- Explore your spirituality
- Create a vision board
- No complaining
- Mentor somebody else
- Practice inner child work
- Practice shadow work
- See a therapist
- Take an appraisal of your relationships

Challenges For Increased Productivity & Less Spending

- Start your day 20 minutes earlier
- Limit screen time
- Cook double portions every day & freeze half
- Tidy before bed
- Start and accountability group
- No shop-bough coffee / lunch
- Create a grocery budget and stick to it
- No-spend month
- Only shop second-hand
- Pocket change saving challenge

Challenges For Improved Relationships

- Hug partner / child every day
- Call a family member / friend
- Read together every day
- Pay your children / partner a compliment
- Make time to play
- Eat at least one daily meal together
- Go to bed together
- Tell your partner / children why you appreciate them
- Start a 'happy jar'
- Slip a note into pockets or lunchboxes

Health & Fitness Challenges

- Drink 10 glasses of water
- Walk or cycle to work every day
- Sleep for 8 hours
- Stop eating after designated time
- No added sugar
- Walk 10,000 steps
- Eat 5 portions of fruit / veg
- No alcohol
- Workout challenge
- Create a morning routine

Fun 30 Day Challenge Ideas

Blog / Business / Social Account Challenges

- Listen to a business-related podcast
- Sign up for a new course
- Spend one hour learning
- Pitch every day
- Start a new business
- Update accounts spreadsheets
- Organise an Instagram challenge
- Update a blog post every day
- Share an old blog post every day
- Spend one hour connecting

Creative Challenges

- Take a photo
- Spend 30 minutes drawing
- Watch a TED talk
- Spend 30 minutes journaling
- Start a knitting project
- Do a jigsaw puzzle
- Work on a poem or creative writing
- Dance for 15 minutes
- Post a reel to Instagram or TikTok
- Learn a new skill

Self-Care Challenges

- Meditate for 15 minutes
- Take a bath
- Moisturise your whole body
- Listen to your favourite music
- Give yourself a hand or foot massage
- Compliment yourself every day
- Learn a new word
- Start each day with homemade smoothie
- Replace your daily coffee with green tea
- Take 10 deep breaths before getting up

Personal Challenges

- No makeup for a month
- No TV
- No caffeine
- Do something scary every day
- Live without a smart phone

Add Your Own!

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30 *days of...* _____

IF IT DOESN'T CHALLENGE YOU, IT DOESN'T *change* YOU.
- Fred DeVito

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Let's do this!