

30-Day Challenge: Refresh Your Mind, Body, and Attitude

OVERVIEW:

This printable is perfect to hang up where you can be reminded throughout the year of ways to improve your overall well-being.

Print out this 30-day challenge to remind yourself of your goals this year!



WHAT'S INCLUDED:

- **30-day challenge**
A challenge with an included checklist to better yourself in the New Year.

WEEK 1: STICKING WITH GOALS

DAY 1

Make a savings plan for the next year.

done?

DAY 2

Aim to get a full 8 hours of sleep.

did you succeed?

DAY 3

Write down your goals for the next 1, 5, and 10 years, and make a vision board out of those goals.

check if complete:

DAY 4

Disconnect from social media for 24 hours, limiting distractions as much as you can.

only winners here:

DAY 5

Clean out your e-mail inbox, unsubscribe from any junk mail, and delete apps you don't use on a daily basis.

you're doing great!

DAY 6

Come up with a reward for when you accomplish a certain goal.

stay on track!

DAY 7

Take a moment to write down everything you're grateful for.

still successful?

WEEK 2: MAKING HEALTHY HABITS

DAY 8

Aim to do a 15-minute workout.

did you do it?

DAY 9

Focus on working out your arms.

keep on working!

DAY 10

Focus on working out your legs.

you're a champ!

DAY 11

Do an abdomen-centered workout.

feeling good?

DAY 12

Aim to walk 10,000 steps by the end of the day.

walk to win!

DAY 13

Make all homemade meals.

recipe to success

DAY 14

Skip the caffeine, and start the morning with lemon water or green juice.

still motivated?

WEEK 3: HAPPINESS AND MENTAL WELLNESS

DAY 15

Start your morning with a deep breathing or meditative exercise.

feeling better?

DAY 16

Write a letter to a friend or relative who lives far away.

did you do it?

DAY 17

Go ice-skating or sledding, or try another childhood winter activity.

did you have fun?

DAY 18

Try out either an old family recipe or a more advanced recipe you've always wanted to make.

keep it up!

DAY 19

Download a free app to brush up on your language skills, or spend an hour picking up a new language.

buen trabajo!

DAY 20

Compliment a coworker or the person behind you in line for coffee.

you're awesome!

DAY 21

Go to a museum, or watch a documentary or TED talk about a subject you've always been interested in.

feeling empowered?

WEEK 4: HAPPINESS AND MENTAL WELLNESS

DAY 22

Perform a random act of kindness.

stay motivated!

DAY 23

Try not to complain for the duration of the day.

positive vibes only

DAY 24

Read a chapter (or more) of a book for fun.

you're so smart!

DAY 25

Strive not to say "um" or "like" in conversation.

um, great job!

DAY 26

Draw, paint, or work on a puzzle for an hour.

you're so close!

DAY 27

Watch a movie you've never seen, or listen to a new album.

how do you feel?

DAY 28

Aim to drink at least 64 ounces of water throughout the day.

stay hydrated!