

# 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!*