

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

<p>DAY 1</p> <p>Make a savings plan for the next year.</p> <p><i>done?</i> <input type="checkbox"/></p>	<p>DAY 2</p> <p>Aim to get a full 8 hours of sleep.</p> <p><i>did you succeed?</i> <input type="checkbox"/></p>	<p>DAY 3</p> <p>Write down your goals for the next 1, 5, and 10 years, and make a vision board out of those goals.</p> <p><i>check if complete:</i> <input type="checkbox"/></p>	<p>DAY 4</p> <p>Disconnect from social media for 24 hours, limiting distractions as much as you can.</p> <p><i>only winners here:</i> <input type="checkbox"/></p>	<p>DAY 5</p> <p>Clean out your e-mail inbox, unsubscribe from any junk mail, and delete apps you don't use on a daily basis.</p> <p><i>you're doing great!</i> <input type="checkbox"/></p>	<p>DAY 6</p> <p>Come up with a reward for when you accomplish a certain goal.</p> <p><i>stay on track!</i> <input type="checkbox"/></p>	<p>DAY 7</p> <p>Take a moment to write down everything you're grateful for.</p> <p><i>still successful?</i> <input type="checkbox"/></p>
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WEEK 2: MAKING HEALTHY HABITS

<p>DAY 8</p> <p>Aim to do a 15-minute workout.</p> <p><i>did you do it?</i> <input type="checkbox"/></p>	<p>DAY 9</p> <p>Focus on working out your arms.</p> <p><i>keep on working!</i> <input type="checkbox"/></p>	<p>DAY 10</p> <p>Focus on working out your legs.</p> <p><i>you're a champ!</i> <input type="checkbox"/></p>	<p>DAY 11</p> <p>Do an abdomen-centered workout.</p> <p><i>feeling good?</i> <input type="checkbox"/></p>	<p>DAY 12</p> <p>Aim to walk 10,000 steps by the end of the day.</p> <p><i>walk to win!</i> <input type="checkbox"/></p>	<p>DAY 13</p> <p>Make all homemade meals.</p> <p><i>recipe to success</i> <input type="checkbox"/></p>	<p>DAY 14</p> <p>Skip the caffeine, and start the morning with lemon water or green juice.</p> <p><i>still motivated?</i> <input type="checkbox"/></p>
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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!