



# LIVE ON PURPOSE: 30 DAY CHALLENGE

## Day 1

Morning intention: Find three things today that make me smile.

Five minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

What three things made me smile?

How do I feel about my five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## Day 2

Morning intention: Find three things today that I love about my home.

Five minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

What three things do I love about my home?

How do I feel about my five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## Day 3

Morning intention: Find three things today that I love about my work.

Five minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

What three things do I love about my work?

How do I feel about my five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

#### **Day 4**

Morning intention: Find a new way to enjoy a meal.

Five minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

How did I enjoy a meal differently today?

How do I feel about my five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

#### **Day 5**

Morning intention: Find my favorite thing about today.

Five minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

What is my favorite thing about today?

How do I feel about my ten minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

#### **Day 6**

Morning intention: Come up with three reasons I deserve self-care.

Five minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

What are my three reasons for deserving self-care?

How do I feel about my ten minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 7**

Morning intention: Let two people know I am grateful for them and tell them why.

Five minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

Who am I grateful for and why?

How do I feel about my ten minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 8**

Morning intention: Notice three things I do well.

Five minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

What three things do I do well?

How do I feel about my ten minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 9**

Morning intention: No complaining today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

Did I complain today?

How do I feel about my fifteen minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 10**

Morning intention: Notice three things I think are beautiful.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

Did I complain today?

How do I feel about my thirty minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 11**

Morning intention: Find three things to laugh about.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

How was laughing?

How do I feel about my thirty minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 12**

Morning intention: Get up and move around throughout the day.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

How did I move my body?

How do I feel about my thirty minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

### **Day 13**

Morning intention: Think about what I would do if I could not fail.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

What would I do if I could not fail?

How do I feel about my thirty minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

### **Day 14**

Morning intention: Find five things today that make me smile.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care:

What will I do?

What time will I do it?

Evening reflection:

What made me smile?

How do I feel about my thirty minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 15**

Morning intention: Find a way to connect with someone today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

Who did I connect with?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 16**

Morning intention: Think of three memories that make me happy.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

What are my memories and why do they make me happy?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 17**

Morning intention: I will play some music that makes me feel good today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

What is the best song I heard today and why?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 18**

Morning intention: I will speak to myself with love today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

How did it feel to be kind to myself?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 19**

Morning intention: I will be gentle with myself today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

How and when did I need to be gentle with myself?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 20**

Morning intention: I will be my biggest supporter today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – two times:

What will I do?

What time(s) will I do it?

Evening reflection:

When did I need my support and how did I support myself?

How do I feel about my forty-five minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 21**

Morning intention: I will be curious about what I need.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What did I notice that I needed and how did I provide that for myself?

How do I feel about my hour (WOOOHOOOO!!) of self-care?



What will I do differently tomorrow?

What will I do the same?

## **Day 22**

Morning intention: I will enjoy my food today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What was the best thing I ate today?

How do I feel about my hour of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 23**

Morning intention: I will reach out to a friend today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

Who did I reach out to and how did it go?

How do I feel about my hour of self-care?

What will I do differently tomorrow?

What will I do the same?

## Day 24

Morning intention: Today, I will pay attention to my energy and honor myself, wherever it is.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What did I notice about my energy and how did I honor myself?

How do I feel about my hour of self-care?

What will I do differently tomorrow?

What will I do the same?

## Day 25

Morning intention: I will celebrate my progress today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What and how did I celebrate?

How do I feel about my hour of self-care?

What will I do differently tomorrow?

What will I do the same?

## Day 26

Morning intention: I will make someone laugh today.

Five minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

Who did I make laugh and how did it feel?

How do I feel about my hour of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 27**

Morning intention: I will enjoy myself today.

Five minutes of self-care – six times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What did I enjoy about myself today?

How do I feel about my hour and fifteen minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 28**

Morning intention: I will find five things I love about my body.

Five minutes of self-care – six times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What is awesome about my body?

How do I feel about my hour and fifteen minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 29**

Morning intention: I will find ten things that make me smile.

Five minutes of self-care – six times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What made me smile today?

How do I feel about my hour and fifteen minutes of self-care?

What will I do differently tomorrow?

What will I do the same?

## **Day 30 WOOOOOOHOOOOOOO!!!!**

Morning intention: I will treat myself like the queen I am!

Five minutes of self-care – six times:

What will I do?

What time(s) will I do it?

Fifteen minutes of self-care – three times:

What will I do?

What time(s) will I do it?

Evening reflection:

What was my royal treatment for the day?

How do I feel about my hour and fifteen minutes of self-care?

What will I do differently tomorrow?

What will I do the same?