

30  
DAY

# PERSONAL GROWTH CHALLENGE



## DAY 1

Write Down Your Goals

## DAY 2

Identify Three Areas Of Your Life You Want To Improve

## DAY 3

Reflect On Your Past Achievements

## DAY 4

Journaling Your Intentions

## DAY 5

Write one limiting belief and challenge it

## DAY 6

Write Down Your Values

## DAY 7

Meditate For 10-15 Mins

## DAY 8

Create a calming bedtime routine

## DAY 9

Engage in 30 minutes of exercise you enjoy

## DAY 10

Set A Boundary On One Area Of Your Life

## DAY 11

Eat one meal in silence, focusing fully on the experience of eating

## DAY 12

Dedicate your evening to a digital detox

## DAY 13

Self Care Day

## DAY 14

Weekly Wellness Reflection

## DAY 15

Learn A New Skill

## DAY 16

Review your financial goals, budget, and expenses

## DAY 17

Start a book that contributes to your personal growth

## DAY 18

Practice Deep Breathing

## DAY 19

Practice a New Hobby

## DAY 20

Organize and declutter a specific area

## DAY 21

Tackle a small problem or task you've been avoiding

## DAY 22

Express Gratitude

## DAY 23

Mindful Listening

## DAY 24

Forgiveness Exercise

## DAY 25

Make an effort to start a conversation with someone new

## DAY 26

Perform a random act of kindness

## DAY 27

Spend quality time with family or friends

## DAY 28

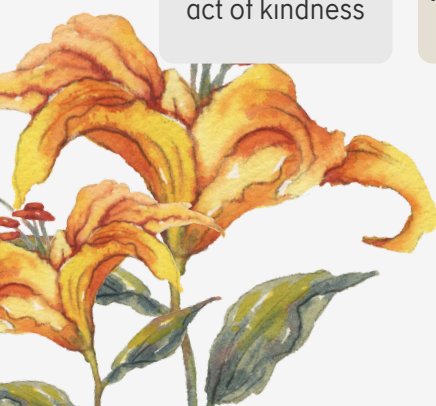
Reflect On Your Relationships

## DAY 29

Reflect On Your Journey For The Past 28 Days

## DAY 30

Congratulate Yourself!!



TICKLEDTHINK.COM

