

# 30 Days to a Greater You

1. Write down three things that you want. Have fun! Stretch your imagination.
2. Imagine what it would feel like to have the three things you want above.
3. Take a few minutes to write down your values. What is most important for you in your life?
4. Spend 15 minutes in nature. Breathe in the fresh air, notice the trees, the sky, the birds.
5. Refrain from complaining and being negative today.
6. Write down three things that make you feel uplifted and happy.
7. When you experience a negative emotion today do or think of one of the three things above that make you feel uplifted and happy.
8. Call a friend that you miss and reminisce about the fun times you have shared.
9. Call a loved one and share a win you had for the day and ask them to share one of their wins for the day.
10. Write down five things that you are grateful for.
11. Do jumping jacks for 60 seconds and sit ups for 60 seconds. Do four rounds of each.
12. Look in the mirror and tell yourself how amazing you are. Spend five minutes giving yourself positive affirmations.
13. Google a subject you love, read about it or watch a Ted talk about it and educate someone else on the subject.
14. Bring someone flowers today. You can leave them on their doorstep.
15. Take 30 minutes to declutter a drawer or closet you have been putting off.
16. Donate something that you no longer use.
17. Put your favorite music on and just dance.
18. Send a handwritten thank you card to someone just because.
19. Create a feel good play list and share it with your friend group.
20. Think of the lessons you are learning from your current challenge and write them down.
21. Put your phone down today and be present in the moment.
22. Get dressed up today even if you are just going to run errands.
23. Buy something new for yourself that will bring you joy.
24. Surprise a neighbor or friend with a scrumptious treat. (You can leave it on their door step)
25. Write a positive post for your social media account.
26. Write a letter to someone you are having a challenge with. Get all your feelings on paper and then burn the paper.
27. Have breakfast for dinner! I love me some PANCAKES for dinner!
28. Meditate or sit quietly for just 5 minutes.
29. Write a letter to your body and tell it all the reason you love and appreciate it.
30. Be fearless! Step outside the box and do something you have been putting off out of fear!