

30 day challenge

- 1 Buy a nice book (I included a voucher for a bookstore)
- 2 Go for a 30 minute walk
- 3 Do something good for you
- 4 Be mindful today – with everything you do
- 5 Write down three things your thankful for at the end of the day
- 6 Get rid of three things you don't need anymore (kitchen, closet, ...)
- 7 Take a selfie and send it to me
- 8 Try something new today
- 9 Try not to produce plastic waste today
- 10 Don't get stressed today
- 11 Abstain from sugar today
- 12 Meditate for 10-15 minutes
- 13 Spend the evening without internet and light a candle
- 14 Cook something nice for you (and your friend)
- 15 Take 10 deep breaths
- 16 Write down three visions / wishes for next year
- 17 Don't say a negative word or have a negative thought today
- 18 Be yourself today, a 100 %
- 19 Stretch before going to sleep
- 20 Drink more than 2,5 litres of water
- 21 Plan your next date.. with yourself
- 22 Look in the mirror and give yourself your best smile
- 23 Try to spend as little time on your phone as possible
- 24 Tell yourself what you feel especially proud of. You sure can be – you're great
- 25 Do something relaxing today
- 26 Think about who or what is not good for you – and separate from it
- 27 Take more than 10.000 steps
- 28 Plan your next date with a lovely person
- 29 Do 5 push-ups
- 30 Give these cards to someone who you think should do this challenge. Have fun!