

100 30-Day Challenge Ideas that will Change Your Life

Forget New Year's Resolutions: Do 30-Day Challenge instead

1. Get up at **5 am**
2. Take **10 deep breaths** in and out in the morning and before bed
3. **Make the bed** first thing in the morning
4. Start morning with one **positive** affirmation
5. Stand in front of the mirror in the morning, smile and say: ***'It's going to be a great day!'***
6. Look in the mirror and say out loud what you **love about your body**
7. **Make a wish** and let the feeling of happiness wash over you as if it's already happened
8. **Visualise** your ideal day
9. **Meditate** for 20 minutes
10. Write down your top 3 most **important things** to do in the morning or the night before
11. Sleep for **8 hours**
12. Set a **bedtime** and stick to it
13. Keep the devices **outside** the bedroom
14. Stay **off the internet** in the evening
15. Turn off all electronics after **7 pm**
16. Do **fasting**
17. Study **nutrition, diet and exercise** for 30 minutes
18. Drink half a gallon (2 litres) **water**
19. Go without **sugar**
20. Give up **alcohol**
21. Give up **coffee** 
22. Quit buying sugary **snacks**: chocolates, cookies and cakes
23. Quit drinking **soda**

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[Click here for a complete list of 100 Challenge Ideas](#)

Change Your Life In 30 Days

Christian G. Meyer



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