



THE CHANGE YOUR LIFE CHALLENGE

A small shift in the way you think and what you do can make an impact.

Here are 30 small prompts to integrate over the next 30-days (and beyond) to change your life. Start with one and keep adding another prompt each day to improve the quality of your life and work.

After 30 days, keep up with the prompts that lift you up and serve you well.

- Avoid negative self-talk. Speak positively or not at all.
- Drink 8 glasses of water.
- Before going to bed, prepare your clothes for tomorrow.
- Pause 2 times throughout the day (1-minute) for a deep breathing practice.
- Eat a meal at the table, slowly chewing and mindfully thinking of each bite.
- Wear something that makes you feel fabulous.
- Disconnect from all screens one hour before bed and read.
- Recognize something special in someone and tell them.
- Practice good listening- maintain eye contact, no multi-tasking, stay focused.
- Remove 10 unused apps from your phone.
- Reach out to someone you have not seen in a while.
- Get outside for 15 minutes or more.
- Make your bed.
- Delete 50 unnecessary emails from your inbox.
- Avoid all social media and gaming today.
- Send a hand-written note to someone to say hello.
- Recycle all magazines (1 year or older) in your home.
- Avoid processed foods.
- Charge your phone somewhere other than your bedside table.
- Remove 10 unused items in your closet and donate them.
- Share your smile.
- Schedule time in the morning or evening to watch a sunrise or sunset.
- Read for 30 minutes.
- Watch one less hour of television.
- Unsubscribe from 10 emails you no longer want to receive in your inbox.
- Drive somewhere without the radio on. Silence.
- Delete 20 (or more) unnecessary photos in your phone.
- Start a gratitude journal and use daily.
- Find and try one new healthy recipe.
- End your day with a written plan for tomorrow.



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