

Possible Options for the Next 30 Days Challenge:

(OR you can choose your own!!)

1. Go to bed earlier or wake up earlier or sleep later than you used to.
2. Fast from Fast-Food.
3. Become a vegetarian.
4. Go full out vegan.
5. Stretch (do yoga without the chanting).
6. Drink only water.
7. Walk everywhere (as much as is possible).
8. Cut salt and/or sugar from your diet.
9. Pause and breathe deeply for about 5 minutes every (2) hour(s).
10. Call a different member of your extended family.
11. Write a little note to a friend each day telling them one thing you love, respect, treasure and admire about them – why you value their existence.
12. Make sure to compliment someone for something they say, do, or wear
13. Pick up litter that others drop inside your building.
14. Go without Facebook or Twitter or SnapChat or Instagram
(Choose one or all!)
15. Watch nothing but local programming.
16. Actually listen to whoever you talk to – Zone in, full eye contact, blocking out everything else, and undivided attention.
17. Write a poem daily.
18. Do a drawing or painting (whether or not you're artistic).
19. Listen to an informative PodCast everyday.
20. Keep a journal.
21. Wake for sunrise.
22. Watch the sunset.
23. Floss.
24. Quit swearing.
25. Take multivitamins.
26. Save half of what you use to spend on lunch.
27. Make lunch from home.