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# Mindset *30 Day* Challenge

It's time to challenge yourself

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# 30 day Mindset CHALLENGE

Welcome to the 30-Day Mindset Challenge! Over the next month, you'll embark on a journey to shift your mindset from negative and self-limiting beliefs to a positive, empowered way of thinking.

Each day.

## DAY 1

*Identify recurring negative thoughts often hold you back?*

## DAY 2

*Write down any negative thoughts as they occur.*

## DAY 3

*List three things you're grateful for today.*

## DAY 4

*Take a negative thought from Day 2 and reframe it into a positive*

## DAY 5

*Pause and breathe for 5 minutes when negativity hits.*

## DAY 6

*Write three positive affirmations that counteract your negative thoughts*

## DAY 7

*Reflect on the positive changes you've noticed this week.*

## DAY 8

*Create a morning routine that sets a positive tone for the day*

## DAY 9

*Visualise a positive outcome for 5 minutes.*

## DAY 10

*Add a new affirmation that aligns with your goals.*

## DAY 11

*Choose a positive response to today's challenge.*

## DAY 12

*List three strengths and how they'll help you reach your goals.*

## DAY 13

*Perform one act of kindness for someone else.*

## DAY 14

*Reflect on the positive habits you've built so far.*

## DAY 15

*Tackle a challenge you've been avoiding with one small step.*

## DAY 16

*Reflect on a recent failure. What lesson can you learn from it?*

## DAY 17

*Surround yourself with positive influences today.*

## DAY 18

*Practice self-compassion. Treat yourself as you would a friend.*

## DAY 19

*Identify a stressor and use a healthy coping mechanism.*

## DAY 20

*Write down one area where you've grown this month.*

## DAY 21

*Reflect on this week's gratitude list.*

## DAY 22

*Set a realistic goal for the next 30 days.*

## DAY 23

*Visualise your ideal future self for 10 minutes.*

## DAY 24

*Update your affirmations to reflect your growth.*

## DAY 25

*Create a daily empowering space or routine.*

## DAY 26

*Reflect on how your positive mindset affects others.*

## DAY 27

*Compare your mindset now to the start. Note any shifts.*

## DAY 28

*Make a choice today that aligns with your new mindset and goals.*

## DAY 29

*Plan to sustain and grow your positive mindset post-challenge.*

## DAY 30

*Reflect on the 30 days. Celebrate your progress and plan next steps.*