

30-Day

Success Mindset Challenge

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| 1 | No complaining | 16 | Learn from a role model |
| 2 | Transform 3 limiting beliefs | 17 | Learn from past failures |
| 3 | Repeat 3 positive affirmations | 18 | Your definition of success |
| 4 | Do a gratitude exercise | 19 | Get inspired (TED Talk, book, etc.) |
| 5 | Meditate for 20 minutes | 20 | Declutter your home |
| 6 | Be mindful through the day | 21 | Do a brain dump |
| 7 | Do a social media detox | 22 | Write down 1 goal |
| 8 | Unfollow negative influences | 23 | Find the silver lining |
| 9 | Journal for clarity and insight | 24 | Opportunity for improvement |
| 10 | Perform an act of kindness | 25 | Get active (yoga, hiking, sports) |
| 11 | Challenge yourself | 26 | Listen to music |
| 12 | List 3 unique talents/skills | 27 | Contact a supportive friend |
| 13 | No judging others negatively | 28 | Get at least 8 hours of sleep |
| 14 | List 3 positive characteristics | 29 | 3 good things that happened |
| 15 | Name something you're proud of | 30 | 3 inspirational quotes |