


# 30-Day 'Be Your True Self' Challenge

..... Ordinary & *Happy* .....

	<b>1</b> <input type="checkbox"/> Say three kind things to yourself in the mirror.	<b>2</b> <input type="checkbox"/> Identify and list your values.	<b>3</b> <input type="checkbox"/> Create a small wins jar and add to it daily.	<b>4</b> <input type="checkbox"/> Ask yourself 'what do I want' and write it down.	<b>5</b> <input type="checkbox"/> Go to a meetup based around an interest.	<b>6</b> <input type="checkbox"/> Dance in your bedroom.
<b>7</b> <input type="checkbox"/> Schedule in weekly 'me' time.	<b>8</b> <input type="checkbox"/> List what makes you unique.	<b>9</b> <input type="checkbox"/> Sign up for a class or workshop you're excited about.	<b>10</b> <input type="checkbox"/> Journal about things you're proud of.	<b>11</b> <input type="checkbox"/> Have a deep conversation with a friend.	<b>12</b> <input type="checkbox"/> Road trip to a place you've always wanted to go.	<b>13</b> <input type="checkbox"/> Watch your favorite movie.
<b>14</b> <input type="checkbox"/> Write down three things you want to do more of.	<b>15</b> <input type="checkbox"/> Make a playlist of meaningful songs.	<b>16</b> <input type="checkbox"/> Read an inspiring story.	<b>17</b> <input type="checkbox"/> Do a creative activity for 15-30 minutes.	<b>18</b> <input type="checkbox"/> Do something just for love, not an end result.	<b>19</b> <input type="checkbox"/> Have a vacation or trip planning evening with friends.	<b>20</b> <input type="checkbox"/> Apply for your dream job.
<b>21</b> <input type="checkbox"/> Sing in the shower.	<b>22</b> <input type="checkbox"/> Reach out to someone who inspires you.	<b>23</b> <input type="checkbox"/> Take a personality test.	<b>24</b> <input type="checkbox"/> Create a vision board.	<b>25</b> <input type="checkbox"/> Have a 'declutter and donate' evening	<b>26</b> <input type="checkbox"/> Try a fun, new activity you've never done before.	<b>27</b> <input type="checkbox"/> Go to the mall and look for a new outfit.
<b>28</b> <input type="checkbox"/> Start a dream journal.	<b>29</b> <input type="checkbox"/> Write down and define your definition of success.	<b>30</b> <input type="checkbox"/> Read back your small wins from the month.	