

# THIRTY DAY CHALLENGES

FOR THE MIND, BODY, SPIRIT,  
AND SCHOOL.



**Thirty-Day Challenges** are a powerful tool for personal growth and development. By committing to a small challenge for a short period of time, you will **build new habits, break old ones, and learn more about yourself in the process.** This book provides a framework for using these challenges to **become a better person**, both personally and professionally.

# Thirty-Day Challenges for Mind, Body, Spirit, and School

---

## Table of Contents

Table of Contents	2
Thirty-Day Challenges for Mind, Body, Spirit, and School	3
Resources and Motivation	3
Change Your Behavior	3
Improves Self Esteem and Confidence	3
Improved Well-Being	4
Have Some Fun	4
Don't Forget to Reflect	4
Get Started	5
Thirty-Day Challenge Ideas for the Mind, Body, and Spirit	6
Thirty-Day Challenges Ideas for Teachers	7
Why Keep A Journal During Your Thirty Day Challenge?	8
30 Thirty-Day Challenge Reflection Questions	8
Thirty Day Challenge Tracker	10
Thirty Day Challenge Journal	11
Thirty Day Challenge Resources	22

# Thirty-Day Challenges for Mind, Body, Spirit, and School

## Resources and Motivation

---

### Change Your Behavior

Participating in Thirty-Day Challenges has numerous benefits. One of the benefits is that they lead to lasting behavior change. Research shows that it takes approximately 21-66 days to form a new habit, with an average of around 66 days (Lally et al., 2010). By committing to a thirty-day challenge, you can work towards forming a new habit that you can continue after the challenge has ended. A Thirty-day Challenge improves self esteem and confidence, enhances your overall well-being, and provides a sense of experimentation and fun.

---

## HERE'S WHAT SOME OF THE RESEARCH SAYS REGARDING THIRTY-DAY CHALLENGES.

---

### Improves Self Esteem and Confidence

Thirty-day challenges improve self-esteem and confidence. Completing a thirty-day challenge provides a sense of accomplishment and boosts self-esteem (Emmons & Sheldon, 2003). This sense of accomplishment can also lead to increased confidence in your ability to achieve goals, which can carry over into other areas of life. You can build positive momentum. The idea of trying something for just thirty days doesn't seem as daunting as a permanent lifestyle change. These smaller changes pave the way for bigger things yet to come.

## Improved Well-Being

Thirty-day challenges improve overall well-being. Engaging in activities that promote well-being, such as exercise or mindfulness practices, can lead to improved physical and mental health (Omidi et al., 2018; Burke et al., 2011). These challenges might also take your mind off of other stressors in your life. You can pick and choose your challenges based on what you need at the time. It's also possible to introduce multiple challenges at once that focus on different areas of your life. It might be helpful to have a personal and professional challenge happening at the same time. You could also have physical and mental challenges occurring simultaneously.

## Have Some Fun

Finally, picking the right Thirty-Day Challenge can lead to some good old-fashioned fun. Tell a Dad joke for thirty days in a row. Try a new food. Spend ten minutes decluttering. The possibilities are endless. There are times in life when you feel like you are in a rut. The right Thirty-Day Challenge can bring some energy, creativity, and adventure when you need it the most.

## Don't Forget to Reflect

I know it sounds cliché to say that it's all about the journey, but it really is all about the journey. Thirty-Day challenges are a form of life experimentation, and like all good experiments, there should be some analysis and reflection.

Research has shown that self-reflection can lead to increased self-awareness, improved decision-making, and better relationships. By reflecting on your experiences and emotions, you'll gain a deeper understanding of yourself and your motivations. You'll also be able to identify your strengths and weaknesses and make positive life changes. Studies have also shown that self-reflection can lead to increased resilience and improved mental health. For example, a study published in the *Journal of Positive Psychology* found that individuals who engaged in self-reflection had lower levels of stress and anxiety. Life is stressful. This is not going to change. Focusing on our thoughts, actions, and reactions is energy well spent.

Another benefit of reflection is that it can improve professional performance. By reflecting on your actions and decisions, you can identify areas for improvement and make changes to enhance your skills and knowledge. A study published in the *Journal of Applied Psychology* found that people who engaged in self-reflection had higher levels of job performance and were more likely to receive promotions. Self-reflection can also help you develop a growth mindset, which is the belief that one's abilities and intelligence can be developed through hard work and dedication. This can lead to increased motivation and a willingness to take on new challenges.

Overall, self-reflection is a powerful tool for personal and professional growth, and can lead to improved well-being and success in all areas of life.

## Get Started

1. Use the lists on the following pages to select your challenge or create your own.
2. Print off your tracker and journal pages, or import them into your digital journal.
3. Check off your progress each day on the tracker and complete your journal entry. You'll find prompts to choose from, or simply reflect on your journey each day.
4. When your thirty days are up, it's time to celebrate. **Congratulations** on taking meaningful steps to positive habit change!
5. I'd love to hear about your 30 Day Challenge adventure. Send me a message at [whyedify@gmail.com](mailto:whyedify@gmail.com). You'd definitely make my day.

### **Sources:**

Segerstrom, S. C., & Sephton, S. E. (2010). Optimistic expectancies and cell-mediated immunity: The role of positive affect. *Psychological Science, 21*(3), 448-455.

Gino, F., & Pisano, G. (2008). Toward a theory of behavioral operations. *Manufacturing & Service Operations Management, 10*(4), 676-691.

Tims, M., Bakker, A. B., & Derks, D. (2013). The impact of job crafting on job demands, job resources, and well-being. *Journal of Occupational Health Psychology, 18*(2), 230-240.

Dahling, J. J., Whitaker, B. G., & Levy, P. E. (2009). The development and validation of a new measure of proactive personality: The proactive personality scale. *Journal of Applied Psychology, 94*(2), 349-357.

# Thirty-Day Challenge Ideas for the Mind, Body, and Spirit

1. Give up processed sugar
2. Wake up at 5 am
3. Do 100 push-ups and sit-ups
4. Only eat plant-based foods
5. Read for enjoyment for a certain amount of time
6. Write in a journal
7. Take a cold shower
8. Meditate for 20 minutes
9. Learn a new language
10. Run or jog for 30 minutes
11. Take a photo every day
12. Go to bed by 10 pm every day or earlier
13. Practice yoga
14. Drink only water
15. Cook all your meals
16. No social media
17. Declutter your living space
18. Go for a walk
19. Do a random act of kindness
20. No alcohol
21. Take a daily multivitamin
22. Try a new workout every day
23. Go vegetarian for 30 days
24. Learn to play a musical instrument
25. Take public transportation or bike instead of driving
26. Go to a new place every day
27. Try a new food every day
28. Don't complain for 30 days
29. Take a digital detox
30. Try a new hobby
31. Stop using plastic for 30 days
32. Go to a new restaurant every day
33. Listen to a new album every day
34. Watch a new movie every day
35. Take a day trip every weekend
36. Take a 30-day social media fast

37. Try a new recipe every day
38. Try a 30-day shopping ban
39. Go for a hike
40. Try a new type of cuisine every day
41. Take a 30-day no-TV challenge
42. Go for a swim every day
43. Try a new form of exercise every day
44. Take a 30-day no-car, car pool, or public transit challenge
45. Watch an educational video each day
46. Take a 30-day no-coffee challenge
47. Go for a bike ride every day
48. Write a haiku poem each day
49. Create a playlist adding one song per day
50. Take a picture every day

## Thirty-Day Challenges Ideas for Teachers

1. Record a "Teacher Win"
2. Compliment a different student each day
3. Write a thank you note to a colleague or student
4. Read a professional development book
5. Keep a clean desk
6. Research and implement a new teaching strategy over thirty days
7. Take ten minutes to reflect after each day
8. Tell a joke each day in class
9. Play relaxing music in the classroom
10. Write a six-word memoir
11. Bring a healthy lunch
12. Drink a certain amount of water each school day
13. Spend a set amount of time journaling at the end of the day
14. Do a 30-day book study on your own or with colleagues
15. Complete a self-care challenge where you practice some form of self-care each day
16. Learn something new with your students each day
17. Organize something in your room each day (something small)
18. Make a list of thirty classroom to-do items and complete one task each day
19. Find/create a source of affirmations that you read each day
20. Complete a random act of kindness each day at school

# Why Keep A Journal During Your Thirty Day Challenge?

Writing in a journal during a thirty-day challenge is a helpful tool for reflection and self-awareness. By taking the time to write down thoughts and feelings about the challenge, you'll gain a deeper understanding of your motivations, challenges, and successes. This process can will help you identify areas for improvement and celebrate accomplishments. Additionally, journaling is a helpful way to track progress and stay motivated throughout the challenge. Overall, writing in a journal is a valuable practice for personal growth and development during a thirty-day challenge.

These reflection questions are meant to help you gain a deeper understanding of motivations, challenges, and successes during a thirty-day challenge. They can be used to track progress, identify areas for improvement, and celebrate accomplishments.

## 30 Thirty-Day Challenge Reflection Questions

1. What motivated me to start this challenge?
2. What do I hope to achieve by completing this challenge?
3. How have I felt physically since starting this challenge?
4. How have I felt mentally since starting this challenge?
5. What have been the biggest challenges I've faced during this challenge?
6. How have I dealt with those challenges?
7. Have I noticed any changes in my behavior or habits since starting this challenge?
8. What have I learned about myself during this challenge?
9. Have I noticed any changes in my mood since starting this challenge?
10. What have been the most positive aspects of this challenge?
11. Have I noticed any improvements in my physical health since starting this challenge?
12. Have I noticed any improvements in my mental health since starting this challenge?
13. Have I noticed any improvements in my relationships since starting this challenge?
14. What have been the biggest obstacles to completing this challenge?
15. Have I been able to stay motivated throughout the challenge?
16. What have been the most difficult moments of this challenge?
17. Have I noticed any changes in my productivity since starting this challenge?



18. What have I learned about my own strengths and weaknesses during this challenge?
  19. What have I learned about my own limitations during this challenge?
  20. How can I use what I've learned during this challenge to improve other areas of my life?
  21. What are some ideas of thirty day challenges I'd like to complete in the future?
  22. Have I shared my thirty day challenge with anyone else? Would there be a benefit in doing so?
  23. What unexpected benefits have I experienced during this challenge?
  24. How has this challenge impacted my relationships with others?
  25. What have I learned about my own resilience and perseverance during this challenge?
  26. In what ways has this challenge helped me grow or develop as a person?
  27. What strategies have I used to stay motivated and committed throughout this challenge?
  28. How have I adapted to unexpected challenges or setbacks during this challenge?
  29. What can I do to build on the progress I've made during this challenge and continue to improve in the future?
  30. Brainstorm a list of Thirty-Day Challenges you would like to complete in the future.
- 

## **References:**

- Lally, P., van Jaarsveld, C. H., Potts, H. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology, 40*(6), 998-1009.
- Emmons, R. A., & Sheldon, K. M. (2003). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin, 129*(6), 803-855.
- Omidi, A., Asghari, G., Sotoudeh, G., & Zare, Z. (2018). The effects of a 12-week aerobic exercise on psychological well-being in healthy men: A randomized controlled trial. *Journal of sport and health science, 7*(2), 97-104.
- Burke, L. A., Ark, T., & Jeste, D. V. (2011). The benefits of mindfulness for older adults. *International Journal of Geriatric Psychiatry, 26*(11), 1126-1135.

# Thirty Day Challenge Tracker

## THIRTY-DAY CHALLENGE TRACKER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

.....

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

.....

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15

.....

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20

.....

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25

.....

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

# Thirty Day Challenge Journal

For the next thirty days I will ....

---

---

---

## Day 1

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

## Day 2

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 3**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 4**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 5**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 6**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 7**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 8**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 9**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 10**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 11**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 12**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 13**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 14**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 15 - Half Way - Keep it up! 👍**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

---

**Day 16**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

---

**Day 17**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

---



**Day 18**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 19**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 20**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 21**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 22**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 23**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 24**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 25**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 26**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 27**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 28**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

**Day 29**

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

# Day 30 - CONGRATULATIONS! YOU MADE IT! 🏊

Challenge Complete: \_\_\_ Yes \_\_\_ No

Journal Entry:

---

---

---

---

---

---

---



## Thirty Day Challenge Resources

Use the following resources for challenge ideas and inspiration.

- This video by Matt Cutts, [Try Something New for Thirty Days](#) is a great place to start. as of writing this it has been viewed over 14,697,418 times.
- Try the [30-Day Well Challenge](#) from the New York Times.
- Thirty-Day challenges don't always work. Read "[Do 30-Day Challenges Actually Work](#)" to maximize the chances that your habit change will stick.
- Learn how 30 Day Challenges are [used in a university setting](#).
- Berkely Institute - [30 Day Challenges: For Health, Happiness, and More](#)
- Live Science - [Do 30 Day Fitness Challenges Actually Work](#)
- Intelligent Change - [How 30 Day Challenges Can Boost Our Inspiration](#)
- Inc. - [30 Examples 30 Day Challenges That Will Change Your Life](#)
- The Ohio State University Wexner Medical Center - [30 Day Exercise Challenge](#)

**JOIN OUR GROWING COMMUNITY OF DEDICATED AND CURIOUS EDUCATORS**

**I AM READY**



**THANK YOU FOR YOUR PURCHASE!**

