30 Day Confidence Challenge



- [ ] Day 1: Write 10 positive affirmations on sticky notes and stick them all over the house.
- [ ] Day 2: Make a list of things you like about yourself and add to it daily.
- [ ] Day 3: Introduce yourself to 3 people you don't know.
- [ ] Day 4: Make an effort to dress for success from now on.
- [ ] Day 5: Take a selfie it and post it on social media.
- [ ] Day 6: Think about your posture - make sure to stand tall at all times.
- [ ] Day 7: Dance to your favorite song.
- [ ] Day 8: Attend any kind of class and socialize with the other attendees.
- [ ] Day 9: Smile at everyone today.
- [ ] Day 10: Plan your reward for this challenge.
- [ ] Day 11: Declutter your room/office.
- [ ] Day 12: List all of your accomplishments and keep adding to it in the future.
- [ ] Day 13: Say yes to something you normally wouldn't.
- [ ] Day 14: Tell someone you appreciate them.
- [ ] Day 15: Meditate
- [ ] Day 16: Go for a run or walk.
- [ ] Day 17: Write down 10 things you're grateful for.
- [ ] Day 18: Buy yourself flowers.

- [ ] Day 19: Turn off your phone and spend time truly enjoying your own company.
- [ ] Day 20: Take a bubble bath + read a good book.
- [ ] Day 21: Make tour favorite food and eat it.
- [ ] Day 22: Think about a fear you would like to overcome and an idea on how to overcome it.
- [ ] Day 23: Write down your top 3 physical features and why.
- [ ] Day 24: Get outside today.
- [ ] Day 25: What is something you loved to do as a child? Do it.
- [ ] Day 26: Do the wonder woman stance for 2 minutes.
- [ ] Day 27: What is a healthy habit you would like to have? Start implementing it.
- [ ] Day 28: Watch your favorite movie.
- [ ] Day 29: Ask a loved one to write down the reason why they love you. Read it daily.
- [ ] Day 30: Write down what you have learned from this challenge.

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