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30-Day Challenge Planner

Small Steps • Big Wins

Small steps. Daily consistency

DISCIPLINE TODAY. FREEDOM TOMORROW



HOW TO USE YOUR 30-DAY CHALLENGE PLANNER

1. Choose your challenge and write it in the space provided. Pick one small daily action.
Example: "Hydration – drink 2 litres of water" or "Gratitude – write 3 things I'm grateful for."
2. Set your start date and reward. Knowing when you begin and what you'll earn keeps you motivated.
Example: Start date: 1 August 2026. Reward: Dinner at my favourite restaurant.
3. Every day, complete your action and mark off one square on the calendar. Keep your actions manageable so you can build momentum.
Example: Day 5 – completed my 20-minute walk 
4. Use the notes column to reflect on how it went. Jot down one sentence about your mood or any challenges.
Example: "Day 12: Meditation felt hard today; try a shorter session tomorrow."
5. At the end of each week, answer the weekly check-in questions.
Example: "Which action made me happiest? Drinking water." "Where did I slip? Missed one reading session."
6. Be flexible. If something doesn't work, adapt it. Swap actions or shorten them. The goal is positive change, not stress.
7. After 30 days, review your reflections and enjoy your reward! Decide which habits you want to carry forward.
Example: "I loved the daily gratitude practice; I'll keep doing it every night."

Remember:
small daily steps lead to lasting
change. Focus on progress, not
perfection.



30 DAY CHALLENGE

One small thing every day

Challenge:

Reward:

Start Date :

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

DAILY NOTES



Use this column to jot down a quick thought after each day's action.
A sentence or two is enough

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: _____

I AM PROUD OF MYSELF. I choose me. Every day.

WEEKLY REVIEW



Week 1

What went well? _____

What was challenging? _____

What will I focus on next week? _____

Week 2

What went well? _____

What was challenging? _____

What will I focus on next week? _____

Week 3

What went well? _____

What was challenging? _____

What will I focus on next week? _____

Week 4

What went well? _____

What was challenging? _____

What will I focus on next week? _____

After 30 days:

What did you enjoy most about this challenge? _____

Which habits do you want to continue? _____

I AM PROUD OF MYSELF. I choose me. Every day.

NEED SOME INSPIRATION?



Here are a few 30-day challenge ideas to get you started:

- Hydration Challenge – drink 2 litres of water each day.
- Gratitude Challenge – write down 3 things you're grateful for every day.
- Movement Challenge – walk for 20 minutes daily.
 - Digital Detox – set a 1-hour no-screen window each day.
- Journal Challenge – write one page every evening.
 - Reading Challenge – read for 15 minutes before bed.
 - Healthy Snacks Challenge – swap processed snacks for fresh fruit or nuts.

Choose one or create your own—just keep your daily action simple and consistent!

I AM PROUD OF MYSELF. I choose me. Every day.