

DAILY CHALLENGE

**Do Just “1” Thing a Day to Help
Improve Your Self and
Your Life**

Day	Self-Improvement Action	Done
Day 1	Make a list of things I want to improve about my myself or my life	
My Notes		
Day 2	Repeat positive affirmations	
My Notes		
Day 3	Read a self-help book	
My Notes		
Day 4	Create a bedtime ritual/routine	
My Notes		
Day 5	Meditate	
My Notes		
Day 6	Find a mentor or hire a life coach	
My Notes		

Day 7	See a psychologist or therapist to work on your issues	
My Notes		
Day 8	Evaluate your life and assess what holds you back from things you want to do or become	
My Notes		
Day 9	Make a list of your emotional baggage and plan how you will deal with these things	
My Notes		

Day 10	Evaluate your romantic relationship, are you happy, and satisfied, or are there problems that need to be resolved	
My Notes		
Day 11	Tell someone you trust one of your deep dark secrets	
My Notes		
Day 12	Consider your childhood, are there serious unresolved issues? If yes, consider how you will deal with these	
My Notes		

Day 13	Make a career goal and a plan of action	
My Notes		
Day 14	List all your bad habits, diet, lack of exercise, smoking, drug use – commit to making changes	
My Notes		

Day 15	Start a self-awareness journal – focus knowing yourself and self- understanding	
My Notes		
Day 16	List all the things you believe that you can do	
My Notes		
Day 17	List all the things you believe you cannot do and add the reasons you believe cannot do them for each one	
My Notes		

Day 18	Consider the limits, either actions or beliefs you pose on yourself, list them, and the reasons you believe these limits are valid	
My Notes		
Day 19	Ask yourself if you love yourself? Consider: do your behaviors and the life you live reflect that? Do you respect yourself and demand respect from others? Are your relationships nurturing? Do you take care of yourself?	
My Notes		

Day 20	Consider your life purpose	
My Notes		
Day 22	Ask yourself if you are living a fulfilling life	
My Notes		
Day 23	Practice Yoga	
My Notes		
Day 24	Define your values	
My Notes		
Day 25	Define goals you have for your own inner peace, happiness and fulfillment	
My Notes		

Day 26	Write how you see your life in 5 years	
My Notes		
Day 27	Create balance in your life: set time for self, work, family, recreation	
My Notes		
Day 28	Make a bucket list: all the things you want to do before you die	
My Notes		

Day 29	Get rid of one thing or person that brings you down	
My Notes		
Day 30	Create a detailed stress management plan	
My Notes		



Self Improvement Fun

being positive is the most important thing

Visit <https://selfimprovement.fun/> for additional tips, suggestions, information, and fun ideas for personal development and self-improvement