

# 30 Day Instagram stories Challenge

A daily story prompt to help you engage your audience and break the repetition.

|                                                                              |                                                                        |                                                                |                                                            |                                                                            |
|------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>DAY 1</b><br>Self portrait <input type="checkbox"/>                       | <b>DAY 2</b><br>An animal <input type="checkbox"/>                     | <b>DAY 3</b><br>What you wore <input type="checkbox"/>         | <b>DAY 4</b><br>Something new <input type="checkbox"/>     | <b>DAY 5</b><br>Someone you love <input type="checkbox"/>                  |
| <b>DAY 6</b><br>The weather <input type="checkbox"/>                         | <b>DAY 7</b><br>What you see when you look up <input type="checkbox"/> | <b>DAY 8</b><br>Inside your closet <input type="checkbox"/>    | <b>DAY 9</b><br>Something blue <input type="checkbox"/>    | <b>DAY 10</b><br>Your happy place <input type="checkbox"/>                 |
| <b>DAY 11</b><br>Hands <input type="checkbox"/>                              | <b>DAY 12</b><br>Something old <input type="checkbox"/>                | <b>DAY 13</b><br>Something black <input type="checkbox"/>      | <b>DAY 14</b><br>What you ate <input type="checkbox"/>     | <b>DAY 15</b><br>Something small <input type="checkbox"/>                  |
| <b>DAY 16</b><br>Something in your favourite colour <input type="checkbox"/> | <b>DAY 17</b><br>Your favourite pair of shoes <input type="checkbox"/> | <b>DAY 18</b><br>Artwork <input type="checkbox"/>              | <b>DAY 19</b><br>Something purple <input type="checkbox"/> | <b>DAY 20</b><br>Your best friend <input type="checkbox"/>                 |
| <b>DAY 21</b><br>Inside your fridge <input type="checkbox"/>                 | <b>DAY 22</b><br>Your favourite shirt <input type="checkbox"/>         | <b>DAY 23</b><br>Something you made <input type="checkbox"/>   | <b>DAY 24</b><br>Written words <input type="checkbox"/>    | <b>DAY 25</b><br>Something big <input type="checkbox"/>                    |
| <b>DAY 26</b><br>Where you sleep <input type="checkbox"/>                    | <b>DAY 27</b><br>Nature <input type="checkbox"/>                       | <b>DAY 28</b><br>Yourself in a mirror <input type="checkbox"/> | <b>DAY 29</b><br>Something funny <input type="checkbox"/>  | <b>DAY 30</b><br>Something you can't live without <input type="checkbox"/> |

Started on: \_\_\_\_\_ Tick off each day as you go . more free challenges at [arloriverrex.com/30-day-challenges](https://arloriverrex.com/30-day-challenges)