

30 Day Positivity Challenge

A be-more-positive challenge, good as the last thing you do each night before sleep.

DAY 1 ☐ For every worst-case scenario you think of, imagine the best thing that could happen	DAY 2 ☐ Spend 5 minutes imagining your dream life and write the steps to get there	DAY 3 ☐ Have lunch with someone you admire, or run into today	DAY 4 ☐ Do 3 things to cut negativity out of your life	DAY 5 ☐ Choose a positive mantra for the day
DAY 6 ☐ Give a genuine compliment to 3 people	DAY 7 ☐ Think about the best parts of your life while waiting in a queue	DAY 8 ☐ Take a few minutes to write down your values	DAY 9 ☐ Whenever you have a minute, take 3 deep breaths	DAY 10 ☐ Dance, run or jump on a trampoline for at least 5 minutes
DAY 11 ☐ Do something nice for someone unexpectedly	DAY 12 ☐ Share a good memory with 2 friends	DAY 13 ☐ Learn something new from someone today	DAY 14 ☐ Remember other people's opinions say more about them than you	DAY 15 ☐ Keep a promise to yourself
DAY 16 ☐ Make eye contact and smile at everyone you walk past today	DAY 17 ☐ Laugh for no good reason	DAY 18 ☐ Meditate for 5 minutes, that's it	DAY 19 ☐ Think about what you can learn from a current challenge	DAY 20 ☐ Question a negative thought you have today
DAY 21 ☐ Do one simple thing that fills your heart with joy	DAY 22 ☐ Learn more about a cause important to you	DAY 23 ☐ Fill your social feed with positivity today	DAY 24 ☐ Go for a walk and admire the world around you	DAY 25 ☐ Print out a positive quote you love
DAY 26 ☐ Create a positive playlist	DAY 27 ☐ Call someone you haven't spoken to in a while	DAY 28 ☐ Write yourself a love letter	DAY 29 ☐ Look for the good in every person you see today	DAY 30 ☐ See how many of these you can complete in one day

Started on: _____ Tick off each day as you go · more free challenges at arloriverrex.com/30-day-challenges