

Inspire & Be Inspired 30-Day Challenge

Start your day by making your bed **EVERY DAY**

@TrinityEliteEdu #GGsBookClub

Day 1	Day 2	Day 3	Day 4	Day 5
Start (and maintain) a Gratitude or Reflective Journal	Enjoy a beverage while reading a new book	Watch a favorite movie, series, sitcoms, etc.	Declutter your Inbox, Drive, and/or phone	Listen to a podcast or audio book
Day 6	Day 7	Day 8	Day 9	Day 10
At home spa night! Treat yourself to a facial, mani, pedi, or all	Light your favorite candle and relax	Stretch first thing in the morning instead of checking your phone	Listen to uplifting music while getting things done	Organize (or clean out) something in your home or office
Day 11	Day 12	Day 13	Day 14	Day 15
Game night with your family or online friends	Do a workout, yoga, or walk for 30 minutes	Wear your favorite outfit or PJs	Try out a new recipe	Facetime with your loved ones
Day 16	Day 17	Day 18	Day 19	Day 20
Have brunch, lunch or dinner outside	Drink more water and get 7-8 hours of sleep	Send a small treat to someone	Make yourself a nice breakfast	Do something creative or try a new hobby
Day 21	Day 22	Day 23	Day 24	Day 25
Put together a donation box (clothes, books, etc.) to give away	Disconnect from emails, social media, and phone by 6:00 pm	Open your windows (or go outside) and meditate/ pray	Buy yourself flowers or a plant	Put together a scrapbook or digital photo album
Day 26	Day 27	Day 28	Day 29	Day 30
Do something nice for someone else	Work on your planner/calendar and use it	Share a favorite photo of something/someone that inspires you	No TV for the day	Cuddle with a human, pet, favorite blanket, or a good book