

March Challenge: 30 Days of Strength & Healing

Week 1: Recognizing Life's Challenges

1. What does “being strong” mean to you—physically, mentally, and emotionally?
2. Write about a time life got in the way of your health, fitness, or self-care. How did you handle it?
3. What’s the biggest challenge you’ve faced in your life? How did it shape you?
4. In what ways have you had to be strong for others? Did it come at a cost to yourself?
5. What are the small, everyday obstacles that make staying consistent with your goals difficult?
6. How do you typically respond when life throws you off track? What would you like to do differently?
7. What emotions come up when you think about past setbacks? How do they affect your mindset today?

Week 2: The Weight of Trauma & Healing Through Strength

8. What past wounds (big or small) still influence the way you show up for yourself today?
9. What is one thing you’re still healing from? How does it impact your daily life?
10. How has movement (exercise, walking, stretching) helped you process difficult emotions?
11. What limiting beliefs about yourself were created from past hardships? Are they really true?
12. Who in your life has shown you what true strength looks like? What did you learn from them?
13. If your body could speak, what would it tell you about how you’ve handled stress and trauma?
14. What’s one healing habit you’d like to adopt this month? How will it support your strength?

Week 3: Rebuilding & Redefining Strength

15. How do you balance resilience with allowing yourself to rest and recover?
16. What’s one tough moment in your life that, looking back, made you stronger?
17. How has your definition of strength changed over time?
18. What is something you’ve overcome that you never thought you could?
19. Where in your life do you feel the strongest right now? Where do you want to build more strength?
20. Write a letter to your past self during a time of struggle. What would you say to encourage them?
21. How does taking care of your body (through food, movement, rest) help you process emotions?

Week 4: Moving Forward with Strength & Purpose

22. What does “healing” look like for you right now?
23. In what ways do you self-sabotage your own strength, growth, or healing?
24. What are three things you can do to protect your peace and mental strength this week?
25. How can you show yourself more grace while still pushing forward?

26. What role does community play in your strength and healing? Who lifts you up?
27. What is something you've carried for too long that you're ready to let go of?
28. What's one thing you can commit to daily that will make you stronger inside and out?
29. What advice would your future, healed, and strongest self give to you today?
30. Write about the kind of strength you want to embody moving forward. How will you make it happen?