

30-DAY Challenge

30 Day Challenges are rising in popularity, especially in the health and fitness worlds, and many studies support doing something consistently for 30 days or longer to build habits, change your weaknesses, and take your strengths to the next level.

The goal is to DO something, or LEARN TO DO something, in 30 days!

Overview	Start here...	Overview
TED Talk	Watch this →	TEDTalk
List of Ideas	Ruminate on some ideas...	List of Ideas
Planner	Plan it out!	Planner
Calendar	See your progress through the 30 Days!	Calendar
Reflection: Week 1	Reflect	Reflection 1
Reflection: Week 2	Reflect	Reflection 2
Reflection: Week 3	Reflect	Reflection 3
Reflection: Week 4	Reflect	Reflection 4
FINAL REFLECTION	Reflect + Share	Final Reflection

