

30 Days Of Purpose



Welcome To Your Next 30 Days.

Over the next 30 days, you are going to take a journey (*a 30 day challenge*). And each day you will be intentional with everything you do. Everyday you will have a set purpose.

The goal is to help you step outside of your thoughtless daily routine and into something that brings you a greater sense of purpose.

Every Month I try to find something to intentionally focus on. The month of January I intentionally focused on writing something everyday. My purpose was to improve and increase my writing. I am already ahead of last year!

I made myself a few general rules; Get up before 6 am, Exercise every morning and think of various topics to write about.

Ok Let's Do This!

THE RULES

On the next page you will find Action Steps for the next 30 days. Although you don't have to start this challenge at the beginning of the month; it helps to keep you on track if you do.

But before you get started on the next 30 days, you need to set some overlying rules for yourself. Like the 3 rules I shared on the previous page. It's time for you to create 3 rules you will live by over the next 30 days.

These could be bad habits you are trying to break, or simply new rules that you would like to implement in your life. *You can write these on the next page.*

MY 3 RULES

RULE #1 _____

RULE #2 _____

RULE #3 _____

DAILY ACTION

1. What does *Intention* mean to you?

Ok, today you will figure out what intention means to you. What would it mean for you to be intentional?

DAILY ACTION

2. Create new routines to follow

You have routines that you follow during the day without question. Today, you get the opportunity to create new routines that lets you live life with purpose. Think about your morning and nightly routines to start.

DAILY ACTION

3. Nothing to do?

There may be moments in your day when it *Seems Like* you have nothing to do. When most of us have nothing to do we usually fill these moments with time wasting activities like checking our emails or scrolling through social media. Today, I want you to create a list of things that you can do when you think you have nothing to do. Also start to implement these throughout the day.

DAILY ACTION

4. Enjoy the little things

Find new ways to love everything that's around you. Big and Small. (*It's all good*) Look around!

DAILY ACTION

5. Watch what you eat

What you put into your body has a big impact on your physical, mental and emotional health. Fuel your body wisely. How can you improve your eating habits?

DAILY ACTION

6. Tackle a nagging task

Check at least (1) thing off your “To-Do List” that you've been avoiding for awhile. Don't have a To Do List; then think of something you should have already done.

DAILY ACTION

7. Take time

Today take time for what's truly important to you. Take time today to do what you've always needed to do. (*Something different from Day 6*)

DAILY ACTION

8. Take time to feel

The ground under your feet, the touch of your keys, the touch of your own skin. Take the time to feel anything you take lightly every daily.

DAILY ACTION

9. Be a beam of light

No matter the situation, find a way to be a beam of light and positivity. Don't let negative energy bring you down.

DAILY ACTION

10. Simplify things

It's time to start being intentional about your surroundings. After time we don't need everything that we keep. Find ways to simplify your surroundings to include only the things that bring you joy.

DAILY ACTION

11. Hit Unsubscribe

Emails, social accounts, and content you consume without even thinking can be a big time killer. Find ways to only consume content that actually provides value or brings joy.

DAILY ACTION

12. Stop that bad habit

It's not serving you. So create a new habit (a good one) that will replace your bad habit.

DAILY ACTION

13. Spend your time with intention

Make your time count. Don't waste your time checking your email 20 times a day. Instead spend your time with great intention.

DAILY ACTION

14. One thing at a time

Stop multitasking and give the task at hand all your attention. FOCUS

DAILY ACTION

15. Watch what and how you say thing

Words can sometimes cut like a knife. So, today focus on being impeccable with your words. And if you don't have something nice to say, don't say anything at all.

DAILY ACTION

16. Pause and breath

Stop moving and just enjoy the here and now. Be present. Breathe, and notice the world around you.

DAILY ACTION

17. Be present with your mind

The thoughts in your mind have a lot of power over our days. Pay attention to where your mind wanders, what your thoughts say, how to create the world around you.

DAILY ACTION

18. From attitude to gratitude

There is no point in sweating the small stuff when there is so much to be grateful for.

DAILY ACTION

19. Create a new connection

Go out of your own way to create a connection with someone or something.

DAILY ACTION

20. Slow down

The world will still be here tomorrow, (*we hope*) so take the time today to slow down and do things with intention. Being in a rush never gets anything done faster. So slow down, take your time and do things right the first time.

DAILY ACTION

21. Be gentle with yourself

We are our own worst critic. Try being gentle and talk to yourself like you would talk to a close friend.

DAILY ACTION

22. Speak your truth

Stand up for yourself, say what's done unsaid, and speak your truth always!

DAILY ACTION

23. Ask why

We tend to go through the motions without knowing why we are doing things. So ask why and only act with intent.

DAILY ACTION

24. Ok, lets step outside our comfort zone

Nothing good ever happened by staying inside the box you've created for yourself. Just do it!

DAILY ACTION

25. Moving with intention

Once we learn to walk, moving our body becomes second nature. So think about how you are moving and find new ways to move with intention. Walk like you know where you are going!

DAILY ACTION

26. Let's watch the wallet

Money has energy. And how you spend it impacts your mood, surroundings, those around you, and your following actions. Watch where your money is going and spend it wisely.

DAILY ACTION

27. Get up and move

You've only given one body and you need to care for it! Find new ways to move your body today! (Maybe Work Out)

DAILY ACTION

28. Love on yourself

Because you are worth it. What are some ways you can love yourself today?

DAILY ACTION

29. Add a little value to your life

Instead of always worrying about others, take the time to find new ways that you can add value to your life.

DAILY ACTION

30. Find meaning in everything

I truly believe that everything happens for a reason. Even the good, the bad, and the ugly. So no matter what happens on the last day of this challenge, try to find meaning in it.

Summary

Your Final Reflections

Has this challenge been helpful, if so, in what ways has it been help? Provide your final thoughts so if you decide to take the challenge again, you can compare results.



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*Let us know your comments on the “30
Days of Purpose” Challenge: **SUBMIT***



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