

30 Day Challenge
IMPROVING YOUR
THOUGHTS



Table of Contents

Introduction.....	3
Let the 30-Day Challenge Begin.....	4
Day 1.....	4
Day 2.....	5
Day 3.....	6
Day 4.....	7
Day 5.....	8
Day 6.....	9
Day 7.....	10
Day 8.....	11
Day 9.....	12
Day 10.....	13
Day 11.....	14
Day 12.....	15
Day 13.....	16
Day 14.....	17
Day 15.....	18
Day 16.....	19
Day 17.....	20
Day 18.....	21
Day 19.....	22
Day 20.....	23
Day 21.....	24
Day 22.....	25
Day 23.....	26
Day 24.....	27
Day 25.....	28
Day 26.....	29
Day 27.....	30
Day 28.....	31
Day 29.....	32
Day 30.....	33

Introduction

If an apple a day keeps the doctor away, think about one positive thought each day could keep away. This 30-Day Challenge is simple but challenging. You can choose to begin to improve your thoughts one day at a time with these 30 days of empowering thoughts.

Start your day right by reading through your empowering thought for the day. If it helps, write it out on a sticky note and keep it visible for the day. Journal the thought and what it means to you. Empowering thoughts don't have to be verbose or profound. Sometimes the simplest thoughts are the most effective.

If you have spent any length of time on *any* website, you will have seen a wide variety of quotes. There are quotes to motivate. There are quotes to inspire. There are quotes to cheer up. There are quotes to heal. There is a quote for *everything*.

For a lot of people, those quotes are eye-roll-inducing, but to others, they cut deep. The reason for this is that sometimes certain ideas resonate with us because they mirror what we are feeling. It's powerful, even if other people dismiss them as cliché.

Don't let other people put you off embracing quotes or thoughts that you love. If a quote resonates with you because it mirrors your feeling, this challenge is going to do the opposite. Instead, these daily thoughts are going to work to improve your thoughts.

Your thoughts guide your actions, they influence your words and help shape your day and future. So, what type of thoughts do you think? Space is provided each day for you to consider journaling the typical thoughts you think. This could possibly highlight how negative they are. Add in your responses to the challenge of the day to see how these affect your thoughts.

The purpose of this challenge is to help you transform them entirely.

Let the 30-Day Challenge Begin

Day 1

"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily." Zig Ziglar

Every single day you wake up, you hop in the shower or you have a bath at the end of your day. You do this because yesterday's shower or bath has worn off. You have been active for a day, you've expelled sweat, been out in the environment to pick up dust, pollen, and debris, and the only way to reset that is by bathing. Motivation is no different. The motivation that you had yesterday might not carry through to today. You need to re-up it. Wash the old motivation away and cover yourself in new motivation. What's your motivation today?

Day 2

What you do today is what matters more than anything because every morning is a new day, a new opportunity, and a new chance. Think of it as the old day passing away and the new day making you born again.

If you have ever struggled to get to sleep at night, you will know just how often your brain kicks up memories from years gone by and mistakes you have made. There's nothing more frustrating than rehashing old problems you can't do anything to change now.

You can't change the past. What you can do is focus on the opportunity of today. The past can stay there. Your focus should be on the here and now. This particular day is the only day like this you will have, what will you do with yours?

Day 3

Today is a new day and this day is your chance to create a masterpiece.

By that token, you have 365 opportunities in a single year to create a masterpiece. One masterpiece for each day. That doesn't necessarily mean you need to invest in art supplies and attempt to paint portraits.

Rather, it's about using your days wisely and trying to ensure you make your dreams come true. We have no idea how many days we each will get. If this was your last, what would you do with it? Carry that idea into every day you wake up.

Day 4

Your imagination is merely a preview of what is yet to come in your life.

Children are encouraged to use their imaginations to their fullest abilities. At some point, adults are dissuaded from doing the same. But it's in your imagination that you can find your wildest dreams. What do you really want from your life? Dream big! And then use your time wisely so that those dreams come true. Your imagination can be the trailer to your upcoming show. Where will your imagination take you today?

Day 5

There is no such day of the week as someday.

All you have is **right now!** If you are working toward a goal, then you can't put it off until tomorrow. You can't put it off until *someday*. It's today. If you set a goal you have to take action and go for it. Make detailed goals, make them achievable, and chase them until you have them in your hands.

Day 6

Stop imagining your life and start living it.

What is holding you back from living the way you have been imagining. Don't live a life you hate. Nobody is going to change this for you. Only you have the power to choose to work for it, so you have to make that decision. Choose to start living the life you see for yourself.

Day 7

If you feel ordinary and want to be extraordinary, know that the only difference between the two is a willingness to put in a little extra.

Today, when you are struck by how ordinary things are, ask yourself what else you can do to push the boundaries and make it extraordinary. We all have it within us. You have it within you. You have the capability to make your dreams come true and get to where you want to be, by pushing a little harder.

Day 8

If you feel as though you were meant to be someone or something else, know that it's never too late to go out and be that or do it.

If you have a dream, then you can chase that dream. It will never be too late to chase your dreams down. It doesn't matter how old you are, follow your dreams and pursue the life you want to lead. Don't get comfortable and settle when you can challenge yourself and change.

Day 9

Don't waste your time and energy trying to live someone else's life, time is finite and your days are short, live it how you want to.

We have a limited number of days on this earth, so you should never waste your time and energy trying to make everyone else happy. Your life is about you. So, who are you living for? You will NEVER have 100% approval from 100% of the people. It's just not possible. Each day is your opportunity to work toward what you want, it's too short for anything else.

Day 10

Life is, has, and always will be exactly what you make of it. So, go out there and make it one worth living.

Your life shouldn't be determined by external circumstances or outside influences. The life that you lead should be one that you have mindfully made for yourself. We all have our own challenges in this life to overcome and you can complain, or you can find a way around them. They will make you stronger, they will make you better, but you have to choose that path.

Day 11

Every journey begins the same way and that's with one step forward.

We all have to start somewhere. We all begin our journeys by taking a single step in the right direction. Radical change doesn't happen overnight, it happens by moving forward one step at a time. It's all about making small, consistent progress and that's what you have to do too. Patience is a virtue you will want to develop for this. And while you are waiting for the final destination, don't forget to celebrate the small successes along the way.

Day 12

Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

Other people can't give you joy, though they might give you joy for a moment. It isn't something you can take from someone. Joy is something within you and it's up to you to choose to keep a joyful attitude no matter what the circumstances.

Day 13

You won't become what you could be until you learn to let go of what you are now.

You are constantly changing and growing. When you learn to get rid of yourself as you see you now, then you can become what you truly want to be. You have this vision of who you will or want to become and yet, it feels out of reach. In reality, every day is an opportunity to choose to work yourself closer to that reality. The only way that journey begins is when you let go of the person you are right now and start working toward who you are destined to be.

Day 14

You have to take every day like a bull by the horns because someone has to run the day. Will it be you? Or will you let the day run you?

Are you controlling your day or is your day controlling you? Do you allow others to dictate to you how you should act or what you should do? Do you allow challenges and changes to easily derail you? Or do you take control and run the day as you see fit? Don't live your life based on anyone else's ideas or opinions; enforce your own. That doesn't mean you should not complete those responsibilities and duties that you must. But you do have control over your actions and attitudes in doing so.

Day 15

You can't erase your past; you can't brush it away and start again. What you can do is see every day as a new opportunity for a fresh beginning for a new ending.

Your story isn't done being written. So, while you may have made mistakes in your past, while you may have gotten things wrong so far... you can still shape the ending as you wish. Take the lessons that the past is offering you and use that knowledge to change things for the better. How will you write the next chapter of your life?

Day 16

If you compare what is before you and what is behind you, it's nothing in comparison to what you will find inside you.

We all face obstacles, but those obstacles are nothing compared to your inner strength. When you see an obstacle appear in your way, laugh in its face knowing that you can handle it and much more. The daily hassles that you deal with are absolutely nothing compared to what you are capable of overcoming.

Day 17

If you want to predict your future, you can start by inventing it in the here and now.

The decisions you make today shape the results of your tomorrows. If you want to live the life you have been envisioning, then today is the time to take action to make it happen. The best way to ensure your future is as you wish it to be, then it's up to you to make your plans and invent your future. You don't find your future; you must make it.

Day 18

Not everything you do has to be great. Sometimes, doing small things well and consistently is enough. You can be great regardless; you just have to do it your own way.

Despite what some will say, not everyone can achieve incredible feats. However, everyone can do small things in incredible ways. Ensure that you give your best in everything you do. Be consistent and recognize that every small act of greatness builds to something even greater.

Day 19

If you want to make a living, then you can get by on what you get. But, if you want to make a life, you only get what you give.

Your job allows you to earn money to pay your bills and put a roof over your head. Is that important? Absolutely! But what you give to and do for others will make the world a better place *and* improve your life. The way you make a living is what you do to help create the life you want to live. Just living isn't a life.

Day 20

If you always face the sunshine, then you will never feel the shadows.

It can be difficult to remain positive in the face of negativity, especially when it's your own thoughts trying to drag you down. But, if you encourage yourself to always face the sunshine... well, the shadows can't touch you then, can they?

Day 21

There is only one way out and that is to walk right through it.

It might not feel like it at the time, but your past experiences have taught you one thing – you will make it through the situation and the only way to do that is to go through it. Whether it's scary, intimidating, or stressful, the only way to deal with it is to tackle it head-on. You've done it before. You've made it this far. Keep going.

Day 22

The biggest, best dreams happen when you are wide awake.

Those dreams you dream when you're staring at the inside of your eyelids - they're not real. They're simply moving pictures your brain takes from your subconscious to build a convoluted story. The dreams you dream when you're wide awake are the dreams you can turn into a reality. You can take the pictures from your head and make them real.

Day 23

It doesn't matter how long you wait, it will never be the right time. You just have to go out and do it.

There is no such thing as the perfect time. If you wait around for it to roll around, then you will be waiting forever. You will always be busy, you will always have too many other priorities, there will always be something that holds you back if you allow it to. Forget timing. Take a step today.

Day 24

If you can do what you love, then the rest will follow.

Not everyone can work in a job that they love. In a perfect world, that would be the case, but that's not the world we live in. What you can do is find something about your job that you do love and focus on that. That will carry you through. Or you can fuel your passion in your spare time instead. As long as you find a way to live your passion, everything else will fall into place.

Day 25

The harder I am willing to work the more luck I will make for myself.

People talk about luck, but sometimes the luck you have is the luck you make, and you can make your own luck by working as hard as possible. The harder you work the more prepared you are, the more prepared you are, the better you become, thus the luckier you will be. It's easy when you know how.

Or perhaps it isn't luck at all. It is your hard work and positive perspective.

Day 26

If you are brave enough to follow your dreams, then you can change the world.

In the past, *dreamer* was cast around as an insult. But, today, we recognize that dreamers are the ones willing to go out and make things happen. Dreamers are courageous. They dream big and then go out and try to make it happen. What are your dreams? How big are they? What have you done to make them come true?

Day 27

The difference between a champion and someone else is mindset – a champion will keep going until they grind out a result.

If you watch sports, you will have likely heard the commentators discuss mindset or mentality. Mentality monsters! They can be down and out, yet they keep playing, keep grinding. Even if they have been playing terribly, they keep going until they get the win. It's an ugly win, but it's a win. A champion doesn't just give up and give in and take the loss. Even if they lose in the moment, they go and practice and make sure it doesn't happen again. Failure is temporary, your response is what matters.

Day 28

No matter what, keep going because everyone gets better the more they keep at it.

Patience and practice are the keys to any success story. While practice might not make perfect - because perfection does not exist - practice will make you better. Use your drive to practice and apply your patience to stay on the right path. What are you waiting for? Start now!

Day 29

You have two choices today, and every single day, you accept things as they are or you accept that it's your responsibility to take action and change them.

You can accept things as they are. Or you can recognize that you are capable of fixing them... and then take action to actually change them! You have choices to make daily and only you can make them, so make the right choices. Make the choices to carry you out of your current situation and into the situation you want to make for yourself. The decision is always yours.

Day 30

You are what you repeat. If you want to be great, then you need to build a habit of being great. If you want to be successful, then you need to build a habit of being successful. What habit will you build?

Your habits shape the person you become. If you do things in excellence, then you will achieve excellence. If you do things in mediocrity, then you will achieve mediocrity. It's a choice that you make every day - and the choice is yours alone.

So, what do you want to achieve? Because whatever it is, is what you need to start repeating. Be consistent in everything that you do, build positive habits, and watch yourself unlock the future you want.

If you want to improve your thoughts, then you must make a conscious effort to choose a motivational, empowering, or inspiring thought to focus on each day. The more you practice this, the easier you will find it to naturally improve your thoughts.

Whether you believe you can or believe you can't – you are right. Henry Ford
