

Intentional Living

30-DAY CHALLENGE

1.
Pause.
Take 10 min
to enjoy the
present
moment

2.
Write down
the top 3
things to
achieve
tomorrow

3.
Meditate fo
10 minutes
(e.g. free
apps or
YouTube
Videos

4.
Read a book
or book
summary
(e.g. on
Blinkist)

5.
Do 20
minutes of
yoga

6.
Spend the
evening
with family
or close
friend

7.
Start a
daily log
or journal

8.
Take a
long,
meditative
walk

9.
Do a social
media
detox
today

10.
Start a daily
/ weekly /
monthly
planning
process

11.
Practice 10
min of
breathwork

12.
Listen to
inspirat-
ional
podcasts

13.
Try Yin or
Restorative
yoga for 30
min or
longer

14.
Choose an
area of the
house to
clean and
declutter

15.
Write down
5 things to
be grateful
for in your
journal

16.
Spend
quiet time
with
yourself,
without
your phone

17.
Do a life
audit and
write down
5 actions
to take

18.
Practice 10
min of
loving-
kindness
meditation

19.
Have a meal
with a friend
and keep
your phone
away

20.
Have only
clean,
nutritious
food today

21
Create a
movement
routine
and start
today

22.
Practice
meditation
for 20
minute

23.
Create a
relaxing
space at
home

24.
Go through
your closet
and donate
anything you
do not need

25.
Reflect on
the day or
week before
and list
improve-
ment areas

26.
Play
peaceful,
meditative
music
throughout
the day

27.
Don't eat
any refined
sugar

28.
Start a
morning
ritual and
waking up
early

29.
Practice
your
favourite
yoga routine
for 20 min

30.
Create a
vision board
and plan the
steps to get
there

