

# 3 COMMIT



# 30 FOR 30 30 TO THRIVE CHALLENGE

Let's finish the year happy and healthy!  
Commit to 30 positive actions for the next 30 days.



1 <input type="checkbox"/> DIGITAL CLUTTER 	2 <input type="checkbox"/> PURGE 	3 <input type="checkbox"/> SELF-CARE	4 <input type="checkbox"/> NO SPEND 	5 <input type="checkbox"/> FAMILY DATE NIGHT	6 <input type="checkbox"/> ADVENTURE 	7 <input type="checkbox"/> PLAN 
8 <input type="checkbox"/> DIGITAL DETOX 	10 <input type="checkbox"/> DONATE 	11 <input type="checkbox"/> TRY A NEW RECIPE 	12 <input type="checkbox"/> ENERGIZE	13 <input type="checkbox"/> CLEAN 	14 <input type="checkbox"/> CATCH UP	15 <input type="checkbox"/> GET UP EARLY 
16 <input type="checkbox"/> EAT BREAKFAST 	17 <input type="checkbox"/> DRINK MORE WATER 	18 <input type="checkbox"/> TAKE A BREAK 	19 <input type="checkbox"/> TREAT YOURSELF	20 <input type="checkbox"/> TRY SOMETHING NEW 	21 <input type="checkbox"/> COMPLIMENT SOMEONE 	22 <input type="checkbox"/> UNPLUG
23 <input type="checkbox"/> MAKE IT SPECIAL	24 <input type="checkbox"/> BE GRATEFUL	25 <input type="checkbox"/> BE PRESENT	26 <input type="checkbox"/> SEND THANKS 	27 <input type="checkbox"/> RAD 	28 <input type="checkbox"/> CONNECT 	29 <input type="checkbox"/> DRINK UP 
30 <input type="checkbox"/> HAVE FUN 	<p>Thanks for joining us for our Commit30 30 to Thrive Challenge! For more goal-getting inspiration and tips, be sure to join our private goal-getters group here (link to FB goal-getters group: <a href="http://www.facebook.com/commit30">www.facebook.com/commit30</a>) and follow us on Instagram at @commit30</p>					

Disclaimer: Commit30 nor anyone associated with Commit30, will be responsible or liable for any injury sustained while exercising at your home, gym or elsewhere. This website's information is not intended to be a substitute for professional medical advice. Consult a doctor before starting any exercise program.



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## 30 TO THRIVE CHALLENGE

- 1 DIGITAL CLUTTER** Spend 30 minutes unfollowing accounts or people that raise your anxiety levels.
- 2 PURGE** Spend 30 minutes and fill a bag or box of stuff in your office or closet that you no longer need. Donate it rather than toss.
- 3 SELF-CARE** Spend a minimum of 30 minutes doing something for you. Take a yoga class, take a bath, take a nap. Whatever you need to do to feel rested and restored mid-week.
- 4 NO SPEND** Have a no spend day. Don't buy anything unnecessary today. No eating out. No online shopping. No spending \$\$.
- 5 FAMILY DATE NIGHT** Take time tonight together as a family. Our favorites include make your own pizza nights and family game or movie nights.
- 6 ADVENTURE** Get outside. Go on a new adventure in your town.
- 7 PLAN** Spend 30 minutes planning out your week - your most important tasks, your meals, your budget and your workouts.
- 8 DIGITAL DETOX** Put your phone away for at least 30 minutes this evening and read a book or take a walk or play with your kids. Schedule in a scroll-free Sunday or weekend. Eyes up, phones down, hearts open.
- 9 DONATE** Donate \$30 or more to a non-profit organization in your town or donate a bag filled with 30 items of food and toiletries to a food bank or homeless shelter in your community.
- 10 TRY A NEW RECIPE** Make a new healthy dinner tonight.
- 11 ENERGIZE** Take a 30 minute walk, get some fresh air and reflect on all of the positive things that happened this month.
- 12 CLEAN** Spend 30 minutes today and tackle one junk drawer or cabinet.
- 13 CATCH UP** Spend 30 minutes catching up on some pushed aside tasks (filing, returning phone calls, updating insurance policy, etc.)
- 14 MEDITATE AND STRETCH** Spend 30 minutes first thing this morning stretching and meditating and starting your day off calm and slowly. My favorite simple meditation is: Notice the breath, soften the belly, open your heart. Repeat.
- 15 GET UP EARLY** Set your alarm for 30 minutes earlier tomorrow morning - take that time to stretch, workout, read the paper, or get a jumpstart on your day.
- 16 EAT BREAKFAST** Eat a healthy, protein packed breakfast this morning. Notice the sugar in common breakfast items and stick to protein, veggies and water/coffee.
- 17 DRINK MORE WATER** Aim to drink 8 glasses of water today.
- 18 TAKE A BREAK** Give yourself permission to take a break today. Sleep in. Take a nap. Read a book.
- 19 TREAT YOURSELF** Buy yourself a bouquet of spring flowers.
- 20 TRY SOMETHING NEW** Take a new workout class today, sign up for a course in your town, or go on a walk on a different trail today.
- 21 COMPLIMENT SOMEONE** Give someone a sincere compliment.
- 22 UNPLUG** Don't bring your electronics into the bedroom tonight.
- 23 MAKE IT SPECIAL** Have a family dinner tonight complete with candles and fancy dishes.
- 24 BE GRATEFUL** Write down 3 things you are grateful for today.
- 25 BE PRESENT** Take today to be present with your family. The best gift you can give is the gift of your presence. Eyes up, phones down, be present.
- 26 SEND THANKS** Write a thank you note to someone.
- 27 RAD** Perform a Random Awesome Deed. These are great to do with kids. Ideas include buying dinner for someone else at a restaurant, leaving a note and gift card for someone to find, delivering cookies to the nursing home, etc.
- 28 CONNECT** Call a friend you haven't spoken with in a long time. Texting doesn't count.
- 29 DRINK UP** Start your morning with a cup of warm water and lemon.
- 30 HAVE FUN** Today do something fun and filled with laughter! Go to the movies; go down a water slide; etc.