



# 30x30x30 Challenge for Women

**30 DAYS** ❤️ **30 WOMEN** ❤️ **30 ACTS OF SELF-KINDNESS**

Write yourself a letter of encouragement	Explore a new street nearby. Note the change in the seasons.	Say no to something that doesn't excite you or inspire joy.	Look into the mirror for a full 2 minutes and list 10 things you love.	Make the time to rewatch your favourite movie.	Take a moment to appreciate the weather today.	Look out the window and daydream for a full 5 minutes.
Allow yourself the luxury of taking a power nap.	Move your body in a new way that feels good to you.	Unfollow at least one social media account that stresses you out	Say yes to something that scares you (but also excites you).	Give yourself an Adulting Badge for something hard you did today.	Make a simple upgrade to your workspace.	Meet up with a group of people to charge your social battery.
Read 1 chapter of a book that inspires you.	Add a splash of colour or creativity to your workspace.	Say thank you to someone who inspires you to be your best self.	<b>CREATE YOUR OWN ACT OF SELF-KINDNESS</b>	Treat yourself to some screen-free time today.	Make a list of 10 of your greatest achievements.	Re-read a favourite book or get a new one at the library.
Make plans with someone you've been meaning to connect with.	Enjoy a snack you used to enjoy as a kid (guilt-free).	Text a friend who makes you smile.	Take 5 minutes to gently stretch your body today.	Create a happy dance to help you celebrate small wins.	Picture yourself as a kid and send her a giant hug.	Play a song that brings back a happy memory for you.
Clean your workspace to make room for new ideas.	Spend 10 minutes visualizing your ideal life and self.	Step outdoors and breathe in the fresh air for 3-5 minutes.	Sing one of your favourite love songs -- to yourself.	Make time to meet up with a friend in person.	Listen to a fun podcast that energizes you.	Enjoy a favourite snack or drink outdoors.