

PATH TO PURPOSE

Your life's course will not be determined
by doing the things that you are certain
you can do. Those are the easy things.

It will be determined by whether you
try the things that are hard.

Sheryl Sandberg

30-DAY CHALLENGE

Often times setting goals for an entire year can feel daunting. Sometimes things are easier broken down into smaller chunks of time. Consider setting mini 30-day goals each month during the year. It is an intentional commitment to something for 30 days. It can be something toward one of your goals that you want to create a habit around, or just something fun you want to invest in for a month.

Here are some ideas to kick start your thinking:

- Get to bed by 10pm every night for 30 days
- Read the book of Romans each night for 30 days
- Write three things you are thankful for each day for 30 days
- Do one random act of kindness each day for 30 days
- Write a letter to someone each day (or send an encouraging text)
- Make a lunch date with a friend once a week during the month
- Drink ten 8-oz glasses of water each day for 30 days
- Read 20 minutes each day
- Find a fitness challenge for 30 days (plank, pushup, etc.)
- Walk 45 minutes each day listening to an encouraging podcast
- Don't buy anything new for 30 days
- Set one thing aside to give away each day for 30 days
- Don't eat out for 30 days
- Drink only water or coffee (no soda) for 30 days
- Learn something new (e.g. practice calligraphy 10 min each day)
- Eat Whole 30 for 30 days
- Write 500 words a day for 30 days

You get the idea! The next several pages have space to capture some 30-day challenges for the year.

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Month _____

30-Day Goal:

Month _____

30-Day Goal:

Month _____

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Month _____

30-Day Goal:

Month _____

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Month _____

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