



30 DAY MOTIVATION BUILDER CHALLENGE



KEEP COLLECTED ITEMS AND DESCRIPTIONS IN A NOTEBOOK OR FOLDER TO LOOK AT EVERYDAY WHENEVER YOU NEED A BOOST OF MOTIVATION.

- DAY 1: FIND A MOTIVATING QUOTE.
- DAY 2: FIND A MOTIVATING ROLE MODEL. WHY IS THIS PERSON MOTIVATIONAL?
- DAY 3: THINK OF A MOVIE THAT MOTIVATES YOU. WHY DOES IT MOTIVATE YOU?
- DAY 4: FIND A CHARACTER IN A MOVIE, BOOK, OR SHOW THAT MOTIVATES YOU. WHAT'S MOTIVATING ABOUT THIS CHARACTER?
- DAY 5: FIND A MOTIVATING CAUSE. WHY DOES THIS CAUSE MOTIVATE YOU TO ACCOMPLISH YOUR GOALS?
- DAY 6: MAKE A MOTIVATION PLAYLIST OF INSPIRATIONAL SONGS.
- DAY 7: FIND A VIDEO THAT MOTIVATES YOU.
- DAY 8: LISTEN AND FIND A MOTIVATING PODCAST.
- DAY 9: CREATE A SHORT-TERM GOAL.
- DAY 10: CREATE A LONG-TERM GOAL.
- DAY 11: WRITE A DESCRIPTION OF WHAT YOU'D LIKE YOUR FUTURE SELF TO BE LIKE.
- DAY 12: THINK OF A MEMORY THAT MOTIVATES YOU TO ACCOMPLISH YOUR GOALS.
- DAY 13: FIND A MOTIVATIONAL BOOK.
- DAY 14: FIND A MOTIVATIONAL PICTURE RELATED TO YOUR PERSONAL GOALS.
- DAY 15: THINK OF A MOTIVATIONAL PLACE YOU CAN VISIT OFTEN.
- DAY 16: FIND A PIECE OF JEWELRY YOU CAN WEAR TO REMIND YOU OF YOUR GOALS EVERYDAY.
- DAY 17: FIND A PERSONAL TOTEM TO KEEP AROUND TO REMIND YOU OF YOUR GOALS.



- DAY 18: THINK OF A SPIRIT ANIMAL FOR YOURSELF THAT WILL KEEP YOU MOTIVATED.
- DAY 19: THINK OF A SPIRIT FISH FOR YOURSELF. (WE CONQUER LAND AND SEA OBSTACLES.)
- DAY 20: THINK OF A SPIRIT BIRD FOR YOURSELF. (WE CONQUER LAND, SEA, AND AIR OBSTACLES.)
- DAY 21: FIND A FUN FACT THAT MOTIVATES YOU TO ACCOMPLISH YOUR GOALS.
- DAY 22: COMPLETE ONE MOTIVATIONAL ACTION. ACTION SOMETIMES PRECEDES MOTIVATION.
- DAY 23: FIND A CUP, MUG, OR BOTTLE TO DRINK FROM WITH A MOTIVATIONAL REMINDER.
- DAY 24: WEAR A SHIRT THAT MOTIVATES YOU TO WORK HARD AND ACCOMPLISH GOALS.
- DAY 25: COME UP WITH A MOTIVATIONAL SUPERHERO NAME FOR YOURSELF.
- DAY 26: COME UP WITH FUTURE REWARDS FOR ACCOMPLISHING MINOR AND MAJOR GOALS.
- DAY 27: PLAN A MOTIVATIONAL TRIP. IT CAN BE SIMPLE AND LOCAL AND DOESN'T HAVE TO BE EXTRAVAGANT.
- DAY 28: FIND A MOTIVATIONAL APP.
- DAY 29: DESIGN A PERSONAL LOGO FOR YOURSELF.
- DAY 30: WRITE DOWN TEN MOTIVATIONAL AFFIRMATIONS TO BE REPEATED DAILY.

