



UpFromTheWell

The 30-Day 'Small Things' Challenge

'The Small Things': <https://upfromthewell.com/the-small-things/>

- Day 1:** Tell yourself this morning: 'today is a new day, today will be a great day'.
- Day 2:** Name one thing you are grateful for.
- Day 3:** Repeat one affirmation to yourself.
- Day 4:** Write in your 'Mind Clear' journal.
- Day 5:** Listen to a song that makes you feel good.
- Day 6:** Listen to a speech/inspirational video.
- Day 7:** Before going to sleep, name one good thing that has happened to you today.
- Day 8:** Name two things to be grateful for.
- Day 9:** Repeat two affirmations to yourself.
- Day 10:** Do a 5-minute yoga sequence.
- Day 11:** Deep Breathe/Meditate for one minute.
- Day 12:** Name three things to be grateful for.
- Day 13:** Repeat three affirmations to yourself.
- Day 14:** Listen to a song that makes you feel good.
- Day 15:** Before going to sleep, name two good things that have happened to you today.
- Day 16:** Do a 10-minute yoga sequence.
- Day 17:** Deep Breathe/Meditate for 2-3 minutes.
- Day 18:** Write in one of your journals.
- Day 19:** Name three things to be grateful for.
- Day 20:** Repeat three affirmations to yourself.
- Day 21:** Listen to a speech/inspirational video.
- Day 22:** Do a 15-minute yoga sequence.
- Day 23:** Before going to sleep, name three good things that have happened to you today.
- Day 24:** Deep Breathe/Meditate for 5 minutes.
- Day 25:** Name three things to be grateful for.
- Day 26:** Repeat three affirmations to yourself.
- Day 27:** Do a 20-minute yoga sequence.

Day 28: Listen to a speech/inspirational video.

Day 29: Before going to sleep, name three good things that have happened to you today.

Day 30: Write in one of your journals. Note what [‘small things’](#) you enjoyed, and which ones you didn’t. Consider how you can implement the ones you liked into your daily routine.

Congratulations on making it through 'The Small Things' Challenge! You should be so proud of yourself!

Repeat this challenge as many times as you like! You can also increase the number of affirmations/gratitude/good things that you repeat to yourself to challenge yourself further.