



# SPEAK YOUR TRUTH

## 30 Day Challenge

Day 1

Something you did today you are proud of.

Day 2

Your favorite memory and why.

Day 3

Talent(s) you possess & LOVE to share with others.

Day 4

Something you want to change about yourself and why.

Day 5

Something you have to forgive yourself for.

Day 6

3 things you love about spending time with your spouse/partner.

Day 7

Something that always makes you laugh.

Day 8

Something interesting you want people to know about you.

Day 9

Someone who inspires you to live your life out loud.

Day 10

A new hobby you have been dreaming about starting.

Day 11

Your favorite sound and why.

Day 12

Someone you know you need to cut out of your life.

Day 13

Something people compliment you on the most.

Day 14

I am successful when \_\_\_\_\_.

Day 15

Your favorite quote and why.

Day 16

Your favorite book and why.

Day 17

What you wanted to "be" when you grew up.

Day 18

Problem you need help solving and who could help.

Day 19

One thing you are excited to do tomorrow.

Day 20

3 things you love about spending time with your best friends.

Day 21

Your favorite place to vacation and why.

Day 22

5 affirmations you want to say out loud every day.

Day 23

Something you have to forgive someone for.

Day 24

5 songs you listen to when you need to boost your mood.

Day 25

A book you have read that changed your views on something.

Day 26

Something you want to do in the next 12 months.

Day 27

3 things you love about spending time with your family.

Day 28

Something you love about yourself.

Day 29

5 things you love to do during your "alone time".

Day 30

Something you are excited to try!