

30-day Challenge Ideas Month of June

Starting this month and going through to the end of the year, I will be offering you four ideas for a 30-day challenge from which you can decide which is best suited for you. Why four? Simple...this way if you like them all, you can do one a week; or pick two and do each for two weeks. Sometimes facing a challenge in small increments can help with success. If you do try any and would like to share, I would love to hear from you! As a reminder, I am always here to offer support whenever you need a boost!

1. Draw or paint a picture a day (creative doodling is accepted!)
2. Learn something new every day (a word, a skill, a fact, a person, etc.)
3. Ditch the news for a month and instead seek out an interesting article to read every day (with this you just might get two challenges met in one attempt...see #2)
4. Go for a 15 minute walk every day

Looking for a bit more inspiration? Watch Matt Cutts TED Talk on "Try Something New for 30 Days". I hope you will take the challenge. Do not worry about failing...the effort is what counts!