

September 2022—Fall Cleanse Challenge

Self-Care:

- Day 1: Set two goals you would like to achieve during this challenge along with why they are important to you.
- Day 2: Make any necessary annual doctor appointments or blood work.
- Day 3: Pick an affirmation that moves you and repeat it to yourself throughout the day.
- Day 4: Try a guided meditation for at least 2 minutes (might download *Insight Timer* app)
- Day 5: Go to bed 30 minutes earlier than normal or at least turn off ALL electronics 30 minutes before bed.
- Day 6: Ask yourself: Are there healthy boundaries I need to create in my life? Write it down, who is involved? what are you going to say? Practice saying it and schedule when it's going to happen.
- Day 7: Show yourself compassion today and schedule some "me time"!

Diet & Exercise:

- Day 8: Try a new workout you've never done before at home or at a gym.
- Day 9: Keep all three meals "phone free". Be mindful while you eat. Chew slowly.
- Day 10: Do a yoga/Pilates/tai chi for beginners workout to give your muscles & mind a little TLC.
- Day 11: Make two of your three meals meatless today.
- Day 12: Abstain from any processed or refined foods today. Pack a healthy whole food lunch!
- Day 13: Take your workout outside even if it's for 20 minutes.
- Day 14: Try to drink 8 glasses of water.

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Clearing the Clutter—Digital Cleanse:

- Day 15: Clean out your inbox and sort your emails into folders. Delete all spam.
- Day 16: No social media for the entire day. Take the time to be productive.
- Day 17: Un-follow people on social media who don't inspire you.
- Day 18: Organize your desktop accordingly into folders. Delete unnecessary items.
- Day 19: Write down all you need to do in the coming week then post it where you can see it.
- Day 20: Have a phone-free night with family or friends.
- Day 21: Clean out one area: a drawer, your desk, your car, a closet, your phone contact list, or a room. You decide. Note how you feel when you accomplish it.

Positivity:

- Day 22: No complaint or negative comments day.
- Day 23: Write down 3 great things that happened today or that you witnessed.
- Day 24: Find the gift and opportunity in a challenging situation.
- Day 25: Do or say something nice for a co-worker.
- Day 26: Write a letter to yourself explaining what you hope to accomplish and save it to read again at the end of this year.
- Day 27: Ask your friend or spouse to describe you in 3 words, write them down and repeat them to yourself throughout the day.
- Day 28: Write down at least 3 things you have conquered this month.

Wild Card:

- Day 29: Pick your favorite challenge above and repeat it.
- Day 30: Be proud of yourself and start to believe you can do anything you set your mind to!