21-Day Self-Improvement Challenge

For your body, mind, and soul

PERSONAL DEVELOPMENT ZONE

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Hi there!

I'm so excited that you are here!

I always believe that we all have the potential to live our best lives by tapping into our inner confidence and strengths! :)

Self-improvement practices allow us to do that.

By actively working towards unleashing your true potential, you bring an abundance of happiness, positivity, and peace into your life!

If you want to start your self-improvement journey and feel unsure of how to go about it, don't worry, I have got you covered!

This ebook will provide you with a holistic 21-day plan that will help you improve your body, mind, and soul.

One challenge for each one of the 21 days!

You can apply these ideas more than once, whenever you feel like it and as per your convenience.

I sometimes wrote "do this everyday", do what makes you comfortable with yourself and with your schedule!

Are you ready for this?

Let's do this! :)

Tamara

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Day 1. Affirmations.

We needed to start with this one of course! :)

Words can make a significant impact on the way you feel about yourself.

When you regularly use positive affirmations, you change your thinking and the way you talk to yourself.

Affirmations enable you to believe that you can indeed make a positive change in your life!

As a result, you become able to harness many valuable opportunities for your growth, which you could have otherwise missed out on due to your negative self-talk and self-doubt!

Of course, you need to believe in these affirmations for them to have an impact on you and on your life!

The challenge:

Step 1.

Think about what you really want!

Ask yourself these 2 questions:

- If you had a magic stick, what would you use it for? How would your life look like?
- Why do you want this? It's important to also know why you want it!

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You can use this wheel to see all the areas of your life and what do you really want to happen in each one of them:

MY LIFE WHEEL
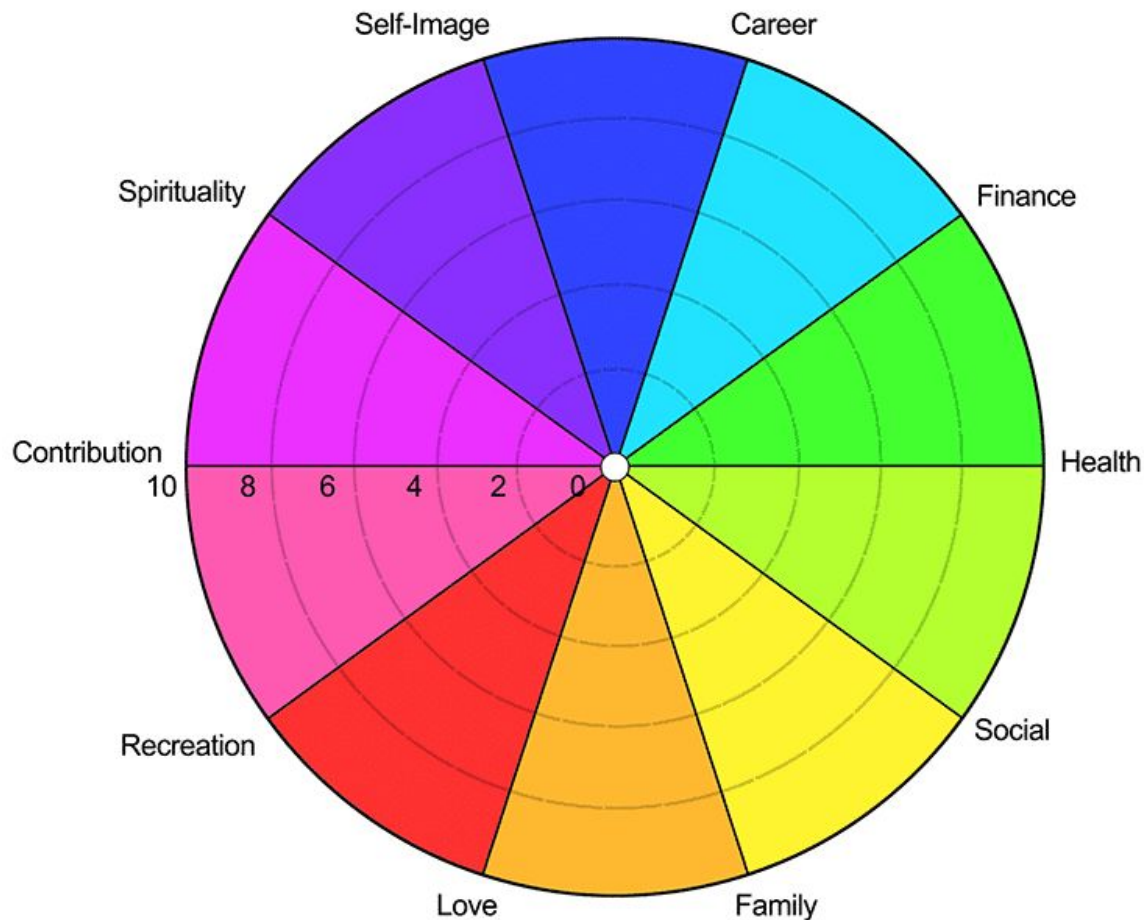
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Step 2.

Take a paper and write down affirmations that you feel emotional about.

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You need to feel something when you read them for them to have an effect on you!

Not sure what to write? Have a look at the resource I'm sharing that covers 100 positive affirmations.

You don't need to have extreme affirmations such as "I love my body!" if it's not something that you really think. Try to have neutral affirmations such as "I have a body".

Step 3.

Every morning, take 3 minutes to stand up straight and to read those affirmations.

Resource: [The Only 100 Positive Affirmations You Will Ever Need](#)

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Day 2. Reading.

I used not to take the time to read! I felt like I never had the time...! It became one of my favorite moments of each day! :)

Taking time to read will stimulate your mind, and enhance your knowledge and vocabulary.

Reading every day helps you gain a new perspective on life and broaden your horizons. Reading can also improve your focus and

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concentration; skills that are extremely useful in every aspect of your life.

The challenge: Read ten pages of a fiction or a non-fiction book and summarize the key points or what has happened.

Step 1.

Think of a topic you want to learn more/read more about!

Step 2.

Look at home if you already have books or look online for "books + (topic of your choice).

Step 3.

Make a list of 5 books that you want to read.

Step 4.

Go to the library or order them online.

Step 5.

Read ten pages every day or every two days.

Resource: 100 Best Personal Development Books to Read in 2020

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Day 3. Practice gratitude.

This one is a great one to practice too! We tend to desire so many things. But what if we would desire what we already have?

Regularly practicing gratitude will allow you to always notice the things, people and experiences that bring value to your life.

As a result, you will be happier and more optimistic in life!

The challenge: Write three things you are grateful for today. It doesn't have to be something too big, simple things like being able to drink clean water or eating healthy food are also something to be grateful for.

Step 1.

Sit down and write down 3 things you are thankful for.

Step 2.

Read them a few times.

Step 3.

Another day, take the list and add 3 more things. You can add elements to the list as often as you want.

Resource: 60 Things To Be Thankful For In Life

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Day 4. Grounding.

I simply love this one! It's all about connecting to nature/earth and to the basis of the human experience!

Through grounding or coming in direct contact with the earth, free electrons in the earth get absorbed by your body and increase antioxidants.

Grounding can leave you feeling refreshed and rejuvenated. Several studies have suggested that walking barefoot on natural surfaces can help improve sleep, reduce stress, regulate body temperature and reduce inflammation. Grounding is known to improve eyesight as well!

The challenge: Go to your nearest park or garden and walk barefoot on the grass for at least 30 minutes. Take in the warm sunlight and pay attention to the way your feet feel while you walk! It's amazing, you'll see!

Step 1.

Think of a place with nature, where you can walk.

Step 2.

Go there and walk barefoot for at least 30 minutes. You can listen to a podcast while doing it if you prefer! You can also go with someone.

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Resource:

Day 5. Cut off social media.

Sometimes, I think of the time we didn't have any social media channels. Don't get me wrong, it added a lot of value to our lives! But still... This one can *really* improve your life!

Spending too much time on social media can hamper your productivity. When you cut off social media, you can focus on the important things in life. You save a lot of time that you can use for working your goals.

Focus on things that truly make you happy and satisfied rather than trying to constantly follow the online activity of an acquaintance, whom you haven't talked to in years!

The challenge: Limit the amount of time you spend on social media. Set a specific time when you can check your social media. Beyond this timeframe, don't check your phone for new notifications.

Step 1.

Ask yourself: What is important for you to limit the amount of time you spend on social media? What else are you going to get the

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moment that you will be less on those channels? It's important to have a "why" when it can get hard to stop being on them.

Step 2.

Decide what are the channels you prefer.

Step 3.

Decide to check your social media accounts in the morning and in the evening. Do not see it as a punishment but more as a self-care and productive tool. Your time is very precious and you can choose how to spend it. Stick to this schedule.

Step 4.

Decide how much time you will have. Each time you go, look at the clock and decide until when you're allowing yourself to be there.

Step 5.

Stick to your plan and remember your "why" consistently.

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Resource: 10 Best Apps That Track And Limit Social Media Usage

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Day 6. Focus on the positive.

This is a very interesting one to do!

Difficult situations are inevitable in life. I understand that it may be hard to stay positive and not worry when you go through tough times.

However, if you try to focus on the positive, you will be able to deal with such situations in a much better way. You become more resilient when you strongly believe in your ability to overcome all the obstacles in life.

The challenge: Think about a challenge you are currently facing. Try to look at it from a different perspective. Make a list of all the things that are in your control and going in your favor. Stop worrying about things that are not in your control.

Step 1.

Think of a problem you're currently facing.

Step 2.

Accept and do not resist the emotions you are currently having! There is a positive intention in everything we are feeling!

Step 3.

Imagine if a friend would share with you this problem. What would you tell him/her to do? This can help you have a different perspective.

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Step 4.

Take a step back from the whole situation and be action oriented: What can you do about it? Realize what is in your control or not.

Step 5.

Do what you can do to solve this problem and be patient, all of this is part of the human experience :)

Resource: 7 Practical Tips to Achieve a Positive Mindset

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Day 7. Strength training.

It's crazy how you can feel stronger after practicing for a while only! :)

Strength training can help you develop strong bones and boost your metabolic rate.

Strength training helps prevent the natural loss of lean muscle mass that comes with aging, and also aids in weight loss.

The challenge: Switch up your regular workout routine! Or start a small strength training if you don't currently have one. Incorporate

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10 minutes of basic strength training exercises such as squats, lunges and bicep curls into your workout routine.

Step 1.

Find an application or videos on Youtube on strength training.

Step 2.

Do this 8-10' workout every day. You can use bottles of water for weights, you do not need to buy new ones :)

Resource: [Beginner Strength Training](#)

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Day 8. Meditate.

This one is for sure one that changed my life! :)

Amidst the chaos of everyday life, taking time to sit down quietly and meditate can have a profound effect on you!

Meditation is known to alleviate stress and anxiety symptoms. It helps you to be more positive and resilient. Such a simple activity can make a significant impact on your physical, mental as well as emotional health.

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The challenge: You can do this challenge by yourself or with an application on your phone, this works great! This is how I'm doing it:

Step 1.

Sit in a comfortable position and close your eyes. Set a timer for five minutes.

Step 2.

Take a few deep breaths. Then, start to breathe normally and focus on the way your abdomen moves with each breath.

Continue to focus on your breath for the whole five minutes while allowing any distracting thoughts to pass on their own.

Resource: [Overcome anxiety and mental noise with the power of meditation, wisdom and awareness.](#)

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Day 9. Wake up earlier.

I know that reading this title didn't reassure you but let me show you how it can improve your life! :)

When you wake up early, you can get some exercise, journal, and practice gratitude.

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You can set your morning ritual as per your preferences. Using this extra time productively can make a huge difference in the way your day turns out!

It will help you feel prepared and more awake, rather than rushed and grumpy...

You can make a good breakfast and eat it peacefully while you watch the morning unfold. You can also review your goals, which will help you stay focused throughout the day.

The challenge: Set the alarm at least 1/2 an hour before your usual wake-up time.

Step 1.

Change your alarm and set it up to ½ an hour before you usually wake up.

Step 2.

Decide in advance what you will do in this first ½ an hour of your day. You can choose between the ideas you did until now in this challenge or you can use the ideas in the resource below this text.

Step 3.

Get out of bed when the alarm will go off the next day. Be reliable to yourself! :)

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Resource: <u>50 Ideas to Help You Design Your Perfect Morning Routine</u>

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Day 10. Smiling.

This one is probably the easier of all the tips shared here! :)

The best accessory any person can wear!

Simply putting on a genuine smile can instantly brighten your mood and also make other people happier. Smiling more often can help you deal with stress, reduce pain and it can also lower your blood pressure.

The challenge: Smile right after you wake up and also smile at everyone you meet throughout the day.

Step 1.

Think of something that makes you happy. A moment, a souvenir, a friend, a good story, a movie…?

Step 2.

As I always say, the brain has no time! You don't need to be in a certain situation to feel a certain way!

Just think about this moment of happiness and smile.

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Do it as many times as you can during the day! :)

Resource: [Smile More for Health, Happiness, and Longevity](#)

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Day 11. Make a "results list".

We are all very aware of "to-do lists"! In my opinion, we shouldn't measure what we are doing by the activity itself but by the results we are trying to achieve.

This is why I recommend you to create "results lists" instead! :)

It can be hard to keep track of all the important tasks you need to accomplish during the day. With a results-list, you can effectively manage your time. It can increase your productivity and reduce your stress. As you get each result, check it off your to-do list, you feel accomplished and satisfied, which helps you to stay motivated to take other actions! :)

The challenge: Write down the three most important results that need your attention right away. Make another section to include tasks that are not urgent. This will allow you to delegate some of the tasks and make other arrangements.

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Step 1.

List all the results you want to have today. Start with a few to make you sure you'll get there.

Step 2.

You can use the Pomodoro Technique to work in a batch of 25 minutes.

Step 3.

Take breaks to relax!

Step 4.

When you're done with one result, cross it on your "results-list".

Resource: [Increase Efficiency and Productivity with the Legendary Pomodoro Technique](#)

Day 12. Let go.

This isn't going to be an easy one… But you can do it! :) I believe in you!

A lot of times, unknowingly, we end up ruminating on the past events that distract us from the present moment and make us feel stuck in our lives. Constantly thinking about the past can lead to

various negative emotions such as guilt, regret… And you can choose what you want to feel! Choose your thoughts accordingly! :)

The challenge: Write about the past events that are bothering you and then make the decision to let the past go and move on. This exercise can help you pinpoint the issues that are bothering you and you can actively work on letting go and freeing yourself from the negative emotions.

Step 1.

Take a paper and write past events/situations you're thinking about and that are causing you negative feelings.

It's all about being more self-aware and accepting the way you feel.

Step 2.

You are not your past! What thoughts can you have to move on and be more in the present?

Step 3.

Also, use the paper to draw two big circles. Next to the first one, write "Things I can control" and next to the second one, write "Things I cannot control". There are circumstances in life and with this exercise, you can realize what is in your control and what is not. You can take an example of the image in the resource!

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Resource: !

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Day 13. Take regular breaks.

This one is an important one!

It's very easy to get too busy with work without taking any breaks.

Working long hours on desk jobs without regular breaks can take a toll on your overall health and wellbeing.

However, taking regular breaks throughout the day can make you feel refreshed, increase your productivity and help improve your performance!

Don't worry about not getting your work done on time. In fact, taking regular breaks can help you to get more work done in less time. Also, stretching or doing light exercises during your breaks can help you maintain a good posture!

The challenge: Set reminders on your phone or computer to take a break every 30 minutes or so. Step away from your desk. Stretch. Move around and take a quick walk.

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Step 1.

Decide on what result you want to achieve next and write it down on a paper.

Step 2.

Use the Pomodoro technique to work in modules of 25'.

Step 3.

Take 5 minutes break, I would say even a 10 :) and then, continue working to get that result and when it's done, move on to the next result.

Resource: [The Most Productive Ways To Take Breaks At Work](#)

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Day 14. Learn a new language.

This one is amazing! And with all the applications/videos online, we have no excuses! :)

Learning a new language increases your attention span and improves your memory. Learning a new language can also improve your decision-making skills. It is a great hobby to develop, as it will help you to use your time productively!

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The challenge: Take up a new language of your choice. French, German, Japanese or Spanish; it could be anything. Install a language app and learn ten basic words in the language you have chosen.

Step 1.

Think of a language you would love to learn and commit to this one and this one only.

Step 2.

Download an application (for example, Duolingo) and start learning even just 5 minutes!

Step 3.

Learn as often as you want! You can even consider using a tutor when you have a bit of basis! (Check for an affordable tutor here with Preply).

Step 4.

Speak the new language! :) Show off to everyone! :)

Resource: The Fastest, Most Direct Way to Learn a New Language in 8 Lightning-quick Steps

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Day 15. Spreading happiness.

This is a nice one! :)

You don't even have to spend a lot of time or money to help someone and make someone smile!

Simple gestures like carrying groceries, and listening to someone talk about their feelings can really brighten people's mood.

Helping others not only makes them happy but it also significantly increases your happiness.

A genuine compliment can boost a person's mood and make them happie!

The challenge: Help someone or do something nice for another person. Don't hesitate to compliment someone when you see them doing something nice.

Step 1.

Be on the lookout today for helping someone or to make them feel good!

Step 2.

When you see an opportunity, jump at it! :) Smile to someone, help them, listen to them... Make them feel valuable and important!

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Resource: [15 Simple Ways to Spread Happiness and Kindness Around You](#)

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Day 16. Dancing.

A friend shared with me this idea, I totally love it too! :)

Dancing regularly improves your cardiovascular health, reduces stress and boosts memory. Dancing also provides several other benefits such as improved flexibility, improved balance, and increased confidence! Nice combo, right?

The challenge: Simply take 10 minutes out of your day and dance. Turn on the music and let yourself groove. You can choose to dance in the privacy of your room or get others to join you as well!

Step 1.

Think of a song that you like to dance on.

Step 2.

Put it on and just listen to it. Start moving as much as you want and just the way you want!

Step 3.

Ask someone to join if you feel like!

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Resource: Top 100 Dance & Party Songs

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Day 17. Morning pages.

This can help more than what you think…

Before you check social media or get busy with a myriad of tasks throughout the day, taking time to write your thoughts and feelings will help you clear your mind. This way you will be able to focus on the most important things and start your day with less stress!

The challenge: Right after you wake up, write one page minimum of whatever that comes to your mind.

Step 1.

Open a Word document on your computer or take a white paper and a pen.

Step 2.

Without thinking too much about it, write what comes to your mind, what you feel like sharing.

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Step 3.

No need to correct any mistakes/misspelled. No need to reread what you wrote. Just feel free to write whatever comes to your mind!

Resource: [How To Journal In The Morning (And Why)](#)

Day 18. Turn off electronic devices.

All of them, not just your phone! ;)

Be it at work or home, we spend a lot of time sitting in front of a computer or with our phones glued to our hands.

Disconnecting from all the distractions, noise and interruption in your surroundings can leave you feeling rejuvenated. It can help you connect with your true self amidst all the chaos in the world!

The challenge: Take a break and turn off all your electronic devices. Set aside 10 minutes and allow yourself to do nothing. Sit quietly and simply relax. Reflect on your thoughts and emotions.

Step 1.

Turn off all your electronic devices.

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Step 2.

Sit down and become your own friend. Ask yourself:

What are you thinking about?

How are you feeling now and in general?

This is already a great start!

Resource: [Saving Silence: Finding Quiet in a Chaotic World](#)

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Day 19. Eating healthily.

I know that you probably heard about eating healthier, but let me give you more details!

Every day, we end up eating a lot of junk food and processed food without even realizing it. Eating less junk food will help you to cut down calorie intake and allow you to reach your weight loss goals. Adding more fresh foods to your diet enables you to consume more essential nutrients and improve your overall health!

The challenge: Be mindful of what you eat. Eat less junk food, and add an extra veggie, and fruit to your plate.

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Step 1.

Make better choices on a daily basis to eat healthier.

Step 2.

It's totally okay to eat some junk food and processed food as long as it's not every day and not a habit :)

Step 3.

Keep on moving, walk for at least 30 minutes per day.

Resource: [25 Simple Tips to Make Your Diet Healthier](#)

Day 20. Uplifting content.

This changes everything to me! :)

Self-improvement articles and podcasts give you insights from a wide variety of people who have overcome many obstacles and challenges. You learn various tips and ideas to deal with problems in your life and gain a new perspective.

The challenge: Consume self-improvement content, be it through an article, audiobook or podcast.

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Step 1.

Go through a list of personal development experts.

Step 2.

Choose one or two persons to follow and watch one video or listen to one podcast.

Step 3.

Think about what you just learn: How can you summarize what you learned in a few sentences?

Resource: 9 Legendary Gurus For Your Personal Development Journey

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Day 21. Forgive yourself.

I'm happy to end this challenge with this one, so important! :)

Constantly punishing yourself for the mistakes you have made in the past prevents you from living a fulfilling life!

It also prevents you from strengthening your relationship with others. If you don't love and value yourself, you are more likely to let other people disrespect you and treat you poorly. However,

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when you forgive yourself, you make space for more positivity in your life and allow yourself to grow.

The challenge: Acknowledge your mistakes. Then, remind yourself that you have learned from your mistakes, you have become wiser.

Step 1.

Take the time to think of a mistake that you think you have made. Feel the emotions.

Step 2.

Think of how you can learn from this experience. What could be different in the future?

Step 3.

If a friend would share with you this mistake, what would you tell them?

Step 4.

Let go of the mistake. You are not your past, you are not broken! :)

Resource: [How to Forgive Yourself](#)

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Congratulations!

You have completed the 21-day self-improvement plan. Celebrate this achievement! :)

Take a luxurious bath, eat at your favorite place or gift yourself some flowers; there are many ways you can treat yourself!

And not just for completing this challenge, every time you achieve a goal, make sure you celebrate it in some way!

Celebrating all your small wins can help you stay motivated and maintain a positive attitude.

Here's another idea that will help you to make the most out of your self-improvement journey - create a ritual!

These 21 challenges have laid the foundation for an effective daily routine that will help you to improve a little each day! By creating a ritual with several productive activities, you will ensure that you give your best every day.

Consistent action will allow you to achieve all your dreams!

And, don't forget...

You are the best thing that ever happened to you!

Unleash your true potential and start living the life you truly want to live! Cheers! :)

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