

30 DAY "RESET" CHALLENGE

1

identify one goal for this month

2

no screen time in bed

3

reevaluate your reading list

4

connect with a friend

5

clean out your junk drawer

6

practice uni-tasking

7

organize your photos, digital or otherwise

8

turn off notifications

9

stretch your body

10

set a timer for a closet clean-out

11

enjoy an unplanned day

12

cook or bake a new recipe

13

practice mindfulness for 10 minutes

14

make your bed

15

unfriend and unfollow

16

turn complaints into compliments

17

let go of a goal

18

declutter your digital life

19

eat a healthy breakfast

20

go for a long walk

21

print out a photo and hang it

22

clean the inside *or* outside of your kitchen

23

water your houseplants

24

buy fresh cut flowers for your home

25

unsubscribe from unwanted emails

26

no tv; connect with a loved one instead

27

choose a new project to focus on

28

write out the steps to start this project

29

acquire the tools for this project

30

start this project