

30-day self-improvement challenge

START A WORKOUT PLAN

MAKE (AND STICK TO) A CHORE CHART

BUDGET EVERY DOLLAR

ONLY EAT HOME-COOKED MEALS

JOURNAL EVERY DAY

COMPLIMENT SOMEBODY EVERY DAY

WAKE UP EARLY EVERY MORNING

BAN NEGATIVE LANGUAGE ("CAN'T," "WON'T")

FINISH AN ENTIRE BOOK

MAKE (AND STICK TO) A CONSISTENT BEDTIME