



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC  
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# 30-Day Challenges Ideas for Personal Growth

*Uplevel your life by challenging yourself*



Sometimes we feel stuck, or we are simply ready for change to take our relationship and life to the next level. We might find that we have the same issues, sensitivities, and patterns holding us back from our epic relationship and best life. It is time to get out of our way by challenging our egoic defenses and creating new habits and practices that support our Journey.

1. Go to sleep at earlier time
2. Get up at earlier time
3. Meditate for 1 hour
4. Enjoy self-pleasure
5. Do a self-care activity
6. Do a personal care activity
7. Be in nature
8. Go for a walk
9. Do mirror work
10. Do breath work
11. Do havening
12. Do tapping
13. Do body rolling / rolfing
14. Do a partner care gesture
15. Do a delight partner gesture
16. Instead of criticizing, give a compliment
17. Have an appreciation session
18. Have a making love session
19. Give the other pleasure
20. Do a random act of kindness
21. Exercise (planks, situps, squats, pushups, HIIT, or such)
22. Do yoga
23. Drink 64 onz / 2 lt of water
24. Eat clean (no inflammatory food)
25. Remove sugar
26. Remove alcohol and drugs
27. Remove caffeine
28. Remove the news
29. Remove Social Media
30. Remove Netflix or screentime
31. Remove gossip, cursing, whining, complaining or such
32. Remove miscellaneous shopping
33. Remove eating and ordering out
34. Tackle admin or other postponed to-dos
35. Have a tidy or declutter session
36. Journal or do Morning Pages
37. Review goals, intentions, dreams with feelings
38. Write a Gratitude List
39. Write a Wish List
40. Write a Manifestation List
41. Do a rampage of positive outcomes
42. Have a daydreaming session
43. Be in silence for 1 hour
44. Channel your future self and "act as if you are already them"
45. Practice a Character Strength (courage, patience, kindness, gentleness, other)
46. Have a consuming inspiring content session
47. Have a reading session
48. Have a writing session
49. Have a creative session
50. Consume or create humorous content