

30-Day Challenge

Think about something you'd like to change. Something you'd like to start or stop. A habit to make you healthier, more creative, more organized or less stressed.

Think about how you'd feel if you could achieve that goal. Pretty good, right? You could be just 30 days away from that feeling. Let's show you how easy it is to get there.



How to Use This Worksheet

There's no denying "challenges" are a current trend. Challenge topics range from fitness to meditation to healthy eating, and studies have shown it takes 28 days to build or break a habit. What makes them appealing is they're a quick way to make a lasting change.

Are you up to the challenge?

1. Write down one thing you'd like to do every day for 30 days. See the back of this brochure for ideas.
2. Identify a start and end date.
3. Add a star or mark to each day you complete your goal.

NTC's Student Development Team can help you prepare for job fairs and interviews, develop self-awareness, practice common interview questions, acquire networking skills and so much more.

Check out our online resources:
studentlife.ntc.edu/soft-skills

Unique 30-Day Challenges

From Jeff Boss, contributor to Forbes.com

1. Avoid words with contractions. Contractions highlight negatives. Retrain your brain to look for the positive by flipping your sentence to focus on the affirmative.
2. Set a "no expectation" rule. Open your mind to new possibilities by suspending judgement and expectations of yourself and others.
3. Start exercising within two minutes of [insert activity]. Turn off the procrastination habit by acting now and resting later. Pick an activity like waking up, getting out of the shower, returning home from work/school, etc.
4. Create daily whitespace in your calendar. What would you do if you had just a half hour or an hour to yourself every day? Make yourself a priority and give yourself the daily gift of time.
5. Read everyday. Find peace in waiting by turning that time into a page or two of reading. Classroom full with the previous class? Long line for a cup of coffee? No problem. Read a bit while you wait.
6. Listen intently. Focus on who or what you're listening to instead of planning what you'll say next.
7. Change your taste buds. Did you know your taste buds can be trained to like what you want them to like through repetition?
8. Increase your happiness. Share positive moments at least three times a day to make for a happier, healthier you.
9. Become a better speaker. Pause, slow down and give yourself a breather if you feel an "uh" or "um" finding their way to your lips.
10. Journal your decisions. Build your emotional intelligence through reflection and awareness. What leads you to your decisions – good and bad? What causes you to be decisive? What emotions do your decisions create?

Goal:

Days 1-6

Start Date:

First week done!

Day 7-12

**You're making
great progress!**

Day 13 - 18

Over half way done!

Days 19 - 24

Almost there!

Days 25 - 30

Congratulations!

(30 days after start date)