Let’s spring into action!
Commit to 30 positive actions for the next 30 days.

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Thanks for joining us for our Commit30 30 to Thrive Challenge!
For more goal-getting inspiration and tips, be sure to join our private goal-getters group here (link to FB goal-getters group: www.facebook.com/commit30) and follow us on Instagram at @commit30

Disclaimer: Commit30 nor anyone associated with Commit30, will be responsible or liable for any injury sustained while exercising at your home, gym or elsewhere. This website’s information is not intended to be a substitute for professional medical advice. Consult a doctor before starting any exercise program.
1 DIGITAL CLUTTER Spend 30 minutes unfollowing accounts or people that raise your anxiety levels.

2 PURGE Spend 30 minutes and fill a bag or box of stuff in your office or closet that you no longer need. Donate it rather than toss.

3 SELF-CARE Spend a minimum of 30 minutes doing something for you. Take a yoga class, take a bath, take a nap. Whatever you need to do to feel rested and restored mid-week.

4 NO SPEND Have a no spend day. Don’t buy anything unnecessary today. No eating out. No online shopping. No spending $$.

5 FAMILY DATE NIGHT Take time tonight together as a family. Our favorites include make your own pizza nights and family game or movie nights.

6 ADVENTURE Get outside. Go on a new adventure in your town.

7 PLAN Spend 30 minutes planning out your week - your most important tasks, your meals, your budget and your workouts.

8 DIGITAL DETOX Put your phone away for at least 30 minutes this evening and read a book or take a walk or play with your kids. Schedule in a scroll-free Sunday or weekend. Eyes up, phones down, hearts open.

9 DONATE Donate $30 or more to a non-profit organization in your town or donate a bag filled with 30 items of food and toiletries to a food bank or homeless shelter in your community.

10 TRY A NEW RECIPE Make a new healthy dinner tonight.

11 ENERGIZE Take a 30 minute walk, get some fresh air and reflect on all of the positive things that happened this month.

12 CLEAN Spend 30 minutes today and tackle one junk drawer or cabinet.

13 CATCH UP Spend 30 minutes catching up on some pushed aside tasks (filing, returning phone calls, updating insurance policy, etc.)

14 MEDITATE AND STRETCH Spend 30 minutes first thing this morning stretching and meditating and starting your day off calm and slowly. My favorite simple meditation is: Notice the breath, soften the belly, open your heart. Repeat.

15 GET UP EARLY Set your alarm for 30 minutes earlier tomorrow morning - take that time to stretch, workout, read the paper, or get a jumpstart on your day.

16 EAT BREAKFAST Eat a healthy, protein packed breakfast this morning. Notice the sugar in common breakfast items and stick to protein, veggies and water/coffee.

17 DRINK MORE WATER Aim to drink 8 glasses of water today.

18 TAKE A BREAK Give yourself permission to take a break today. Sleep in. Take a nap. Read a book.

19 TREAT YOURSELF Buy yourself a bouquet of spring flowers.

20 TRY SOMETHING NEW Take a new workout class today, sign up for a course in your town, or go on a walk on a different trail today.

21 COMPLIMENT SOMEONE Give someone a sincere compliment.

22 UNPLUG Don’t bring your electronics into the bedroom tonight.

23 MAKE IT SPECIAL Have a family dinner tonight complete with candles and fancy dishes.

24 BE GRATEFUL Write down 3 things you are grateful for today.

25 SLEEP Aim to get at least 8 hours of sleep tonight.

26 SEND THANKS Write a thank you note to someone.

27 RAD Perform a Random Awesome Deed. These are great to do with kids. Ideas include buying dinner for someone else at a restaurant, leaving a note and gift card for someone to find, delivering cookies to the nursing home, etc.

28 CONNECT Call a friend you haven’t spoken with in a long time. Texting doesn’t count.

29 DRINK UP Start your morning with a cup of warm water and lemon.

30 HAVE FUN Today do something fun and filled with laughter! Go to the movies; go down a water slide; etc.