

15 Day Thriving Challenge

Every day, for 15 days, I will:

- Walk for at least 10 minutes a day
- Read for at least 10 minutes a day.

And each day, I will:

Day 1:
Eat vegetables
and fruit at
every meal

Day 2:
Focus on your
posture

Day 3:
Get as close to 8
hours sleep as
you can

Day 4:
No refined
sugar

Day 5:
Start stretching
10 minutes +
per day

Day 6:
Cut back on
alcohol

Day 7:
Meditate at least
10 minutes

Day 8:
Make eye
contact and
smile at
everyone

Day 9:
Try a new
healthy recipe

Day 10:
No soft drinks,
regular and diet
and drink MORE
water

Day 11:
10 minutes of
journaling

Day 12:
Take one
photo that
means
something to
you

Day 13:
No fast or
processed
foods

Day 14:
Learn
something
new

Day 15:
Replace
complaining &
comparing
with gratitude
and praise