

# INSPIRED LIFE

## 30 DAY CHALLENGE

*Challenge yourself  
to live a more  
inspired life*

SUN	MON	TUE	WED	THU	FRI	SAT
	WALK WITH ME	MEDITATION	COLOUR YOUR DAY	DE CLUTTER	LET'S BAKE	WATCH THE WORLD GO BY
BREEZY BREAKFAST	SWITCH OFF	GET MOVING	PEACE LOVE PLANTS	EDUCATE YOURSELF	ADMIRE THE STARS	PICNIC
BEAUTIFUL YOU	LET'S READ	POSITIVE AFFIRMATIONS	GOOD DEED	MAGIC MUSIC	DIY FACE MASK	GET DRESSED UP
ROAD TRIP	SHARE THE LOVE	DEAR DIARY	TUB TIME	UNKNOWN KINDNESS	MAKE THE CALL	GAME NIGHT
TEA PARTY	TAKE 3 FOR THE SEA	EXPLORE THE OUTDOOR				