



INSPIRED LIFE

30 DAY CHALLENGE

challenge yourself to live a more inspired life

INSPIRED LIFE | 30 DAY CHALLENGE

aloha

and welcome to the Inspired Life 30 day challenge!

My biggest piece of advice is to not wait. Just because this challenge runs for 30 days it doesn't mean you have to wait till the beginning of a month to start. Don't wait for Monday, don't even wait till tomorrow. The day you open this is the day you start, no excuses.

How often have you found a cleanse, eating plan or fitness challenge that you wanted to start and said to yourself you'll start Monday or after your birthday, once Easter's over with, Christmas, New Year's, how many excuses have you used? How often did you follow through? If you get excited or motivated to start something, no matter what it is, don't put it off, just start. Ride that wave.

Nearly everything in this challenge is doable TODAY. It doesn't matter what day of the week you start on. You'll find some days in the challenge require more time than others and some more suited to weekends, feel free to swap them around to suit your life and schedule. The most important thing is to complete all of them. I recommend reading through the calendar before you start so you can make any preparations you may need.

You might find you enjoy some days of the challenge more than others and this is ok. Make note of the daily challenges you do enjoy and try to integrate those into everyday life.

I like to think of this challenge as a kick up the bum for your mind. It's about inspiring you to think a little differently. Throughout the challenge I hope you might try or do something you haven't done before, find a new love or interest, a new creative outlet or a new way of coping with stress and anxiety. Above all, I hope it helps you to see how important it is to spend time on you, how important it is to live in the moment and how important it is to find the joy and happiness in the everyday moments of life.

Don't forget to tag me any of your social media posts, @amandaadrift, and use the hashtag #inspired30, I'd love to see how you're going with the challenge.

Peace, love & coconuts,

Amanda

WALK WITH ME

“Walk as if you’re kissing the earth with your feet”

– Thich Nhat Hanh

“I really regret going for a walk”, said no one ever. It’s time to dust off those sneakers, today we’re going for a walk.

It’s amazing what a change in scenery can do and going for a walk is the best way to do it. The benefits of introducing a daily walk are nearly endless. Adding at least a 15 minute walk to your day can help boost your mood, help keep you “regular”, encourage weight loss, can help prevent varicose veins, reduce the risk of chronic disease, ease joint pain and can be a form of meditation.

Whether it’s a ten minute stroll around the block before or after work, a 30 minute walk up to your local supermarket, a barefoot walk along the beach, reconnecting with nature with a walk through the local nature reserve, or remembering to take your sneakers to work for a walk on your lunch break. No matter how you do it, put one foot in front of the other and get walking.

Did you know?

Studies from the University of Exeter have found that a 15 minute walk can reduce those chocolate cravings.

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MEDITATION

“The goal of meditation isn’t to control your thoughts, it’s to stop letting them control you”

Meditation is scientifically proven to help reduce stress and anxiety, give you a greater positive outlook, increase self-confidence and enhance self-awareness, help fight addictions and cravings, improve sleep and reduce depression and self-doubt.

Today I want you to spend ten minutes meditating. If you’re new to meditation I have listed a few guidelines below however there are many wonderful guided meditations available on YouTube. Remember, anyone can meditate and there is no right or wrong way to do it. I like to set a timer, put on my headphones with some peaceful music and float away.

The Basics Of Meditation

Preparation - Make sure you’ve been to the toilet, you’re warm enough and your phone is on silent. Find a comfortable spot, perhaps on your bed or on the floor and if comfortable sit with your legs crossed with hands placed either in your lap or palms facing up on your knees.

Breathe and Become Aware - Close your eyes and become aware of your breath. Feel your chest rise and fall as you inhale and exhale. Check in with yourself, how are you feeling? As you focus on your breath let any thoughts go, let them slip away. When your mind starts to wander bring your attention back to your breath.

Technique - If you find you’re getting frustrated with your wandering mind you could try the counting technique or introducing a mantra. To use the counting technique take a deep breath in and count “one” in your mind, on the exhale count “two”, continue up to ten and start again. If your mind wanders come back to your breath and start from one again. This gives your mind something to focus on, but something simple that doesn’t require much thought. Or you might like to try a mantra. As you focus on your breath you can silently repeat in your mind a mantra of your choice. Some of my favourites include;

“I am calm. I am peace. I am ease.” - Mindsp

“Life is good. Life is great.”

“I release control. I surrender to the flow.” – Boho Beautiful

Ending Your Session - When you’re nearing the end of your session let go of any mantra or counting and return focus to your breath. As you bring your awareness back to your surroundings start to slowly open your eyes, take your time. Smile and thank yourself for this moment.

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COLOUR YOUR DAY

"Nobody is too busy; it's just a matter of priorities" - Unknown

Today we're going to channel our inner 5 year old, find a comfy spot to sit and colour to our hearts content. Of course you can colour for as long as you'd like but to get the most benefit out of this activity aim to spend at least 20-30 minutes colouring.

There are hundreds of mindful colouring books for adults available these days, or why not raid your children's or younger siblings stash of colouring books (Who doesn't love a good Disney colouring book?) or there are bazillion, yup, a bazillion, printable colouring in sheets available on the internet.

One of my favourites: <https://the-fit-foodie.com/product/mindfulness-colouring-sheet/>

DE CLUTTER

Now I am little strange, ok, perhaps a lot, but I am totally and completely comfortable with that, one of my favourite things to do is de clutter. Which really is just a fancier way of saying tidy up. Today I want you to choose one area, it could be your fridge or freezer, wardrobe, office space, kitchen pantry, bathroom cupboard, whatever space you like and completely give it a makeover. Throw out or donate anything you no longer need or use. Clean the space and reorganise your belongings.

The simple (and satisfying) act of de cluttering areas of your life can reduce stress, improve mood and focus, and give you a sense of accomplishment.

(If you chose to clean out your wardrobe keep you unwanted items safe, we'll need them for another days challenge. Same goes for non-perishable items if you clean out your pantry)



LET'S BAKE

Is there anything better than smell of freshly baked treats? Today I want you to make some mess in the kitchen and create something. Cookies, cake, bread, raw treats, whatever takes your fancy. Thanks to the internet and websites like Pinterest there are many, many, many recipes out there to inspire you. Get creative, crank the music, make a mess, get the kids, housemates or partner involved and most importantly don't forget to have fun!

Don't forget to share your creations on Instagram and tag @amandaadrift so I can see!

AMANDA'S BLISS BALLS

1 Cup pitted dates (soaked for 15mins)
1 Cup nuts of choice
1/3 Cup raw cacao powder
2 Tbsp chia seeds
1 Tbsp flaxseed
1/3 Cup coconut oil (melted)
1/2 Desiccated or shredded coconut

- Place everything but dates in food processor or blender until combined
- Add dates and continue
- If you would like a more cake like consistency add a teaspoon or two of the water from soaking dates
- Roll into balls, coat in coconut and store in freezer until ready to eat

WATCH THE WORLD GO BY

*“The present moment is the only moment available to us, and it is the door to all moments”
- Thich Nhat Hanh*

Today I want you to find somewhere with some foot traffic. Perhaps enjoying a coffee at a café, a cozy bench at the park, enjoying the sunshine at the beach or if the weather isn't so nice outside where you are, find a window with a good view and a comfy seat.

Simply sit down and watch the world go by. Observe your surroundings. Can you hear the birds singing? Can you feel the breeze or the sunshine on your skin? Are there people hurrying about around you? Are there people relaxing, enjoying their own or each other's company? Can you hear children playing?

Listen to your surroundings. Be totally in the moment, let the past and the future melt away.

BREEZY BREAKFAST

Some old fashioned things like fresh air and sunshine are hard to beat - Laura Ingalls Wilder

Today we're going to wake up the soul with breakfast outside in the fresh air. You might want to grab breakfast to go and find somewhere nice to sit or whip up a mini breakfast feast for you and your family and sit in the garden.

If it's cold where you are and not really outdoor weather why not pack a breakfast to go, hit the road and park up somewhere with a beautiful view.

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SWITCH OFF

Switch off the TV and hide the remote! For the next 24 hours we're not watching any TV. Now if you're someone who doesn't watch much TV this one should be easy for you, but for those who, like me, may watch more than they should you might not be looking forward to today's challenge, but I promise you, you'll be thanking me tomorrow.

So the TV's off, now what? You know that exercise you never have time for, that project you keep forgetting to help your child with, that indulgent bath you've been putting off, that book you've been meaning to read, that recipe you wanted to try or that family member you were meant to see? Do any of those ring a bell? Well today is the day we have time for them.

Unfortunately, these days, many of us find ourselves in jobs that we're not exactly enthusiastic about. We either just really don't like them or they cause stress and anxiety. TV can be an escape. You turn on the TV, put your feet up and switch off your mind. Today, we're not using TV as our escape, we're going to make better use of our time. A workout, slow dinner with your partner, picking up a book, heading to the shed to finish off a project, whatever sparks your imagination, go with it.

Need a few reasons to watch less TV? Research has shown that not only can watching television have a negative impact on your mood but it can also influence your satisfaction levels in life and your view of the world. Television also influences our spending habits, whether we think it does or not. Switching off the TV every now and then will allow you to spend more time with your family and give you more time to do the things you love.

GET MOVING

"Life is like a bicycle. To keep your balance you must keep moving"

- Albert Einstein

Today we're going to get moving! Anyway you choose. Going for a walk or run, a class at a local gym, a cheesy 80's workout DVD you found in a sales bin or one of my personal favourites, a YouTube workout.

I'm not going to recommend a certain length of time. If you realistically only have ten minutes spare in your day and can only take the dog for a walk, that's fine, do it.

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However, if you put on a workout DVD, start hitting that pavement or simply blast the music and dance around your living room until your child is so embarrassed they're begging you to stop, if you are enjoying yourself, keep going. If you're having fun why limit yourself? If you told yourself you were going to move your body for 15 minutes but are enjoying the scenery, fresh air, company, music, moment or just simply can't wipe that smile off your face, don't stop.

Mindful tip: Forget the word exercise; I think these days it sometimes attracts a negative mindset. Introduce movement. Move your body and do what feels good.

Boho Beautiful - My favourite YouTube channel for amazing yoga, pilates and meditation videos



PEACE LOVE PLANTS

Today we're going to nourish our bodies and enjoy a plant based menu. There are many benefits for choosing a plant based diet but today we're going to focus on the second most popular one, for our health.

There are many, many wonderful plant based recipes on the internet but some of my favourite collections are, This Plant Based Life by Sheridyn Fisher and Plantifully Based by Francesca.

As these daily briefs for the challenge are short I won't go into full detail about a plant based diet but if you'd like to explore further there are some great websites dedicated to veganism, the benefits and how to make the switch.

Sample Menu

Breakfast: Smoothie bowl made from frozen bananas and topped with fruit, avocado on toast or overnight oats with fresh fruit

Lunch: Sweet potato salad, falafel and salad wrap or vegetable soup

Dinner: Tofu and vegetable curry, veggie burger or zucchini noodle stir fry

Snacks: Nuts, chopped veggies and hummus, homemade raw treats or bliss balls, fruit or coconut yogurt

Some Health Benefits Of A Plant Based Diet

- It prevents (and can reverse) chronic disease
- It's great for your gut health
- Can reduce symptoms of arthritis thanks to the many plants that contain anti-inflammatory properties
- Increased energy
- It can help repair your relationship with food
- Increased fibre intake helps keep you regular
- Great for clear radiant skin

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EDUCATE YOURSELF

"Intellectual growth should start at birth and cease only at death"

- Albert Einstein

Have you ever thought to yourself, if I could go back to school I'd give that a go? At least three times a day I tell my other half I wish I'd done this or become that, astronomer, historian, actor, there are so many things that as I get older spark my interest.

Today I want you to indulge those thoughts. I want you to think of something you wish you knew more about and spend some time researching. It might be a specific war, period in time, type of dinosaur, how something works, how something's made, how pineapples grow (Google it, it's not how you think), the options are limited only by your imagination.

Choose a topic, subject or issue and visit the local library or open your laptop and get comfy. Don't forget to take notes, taking notes will help you retain that newly acquired knowledge.

ADMIRE THE STARS

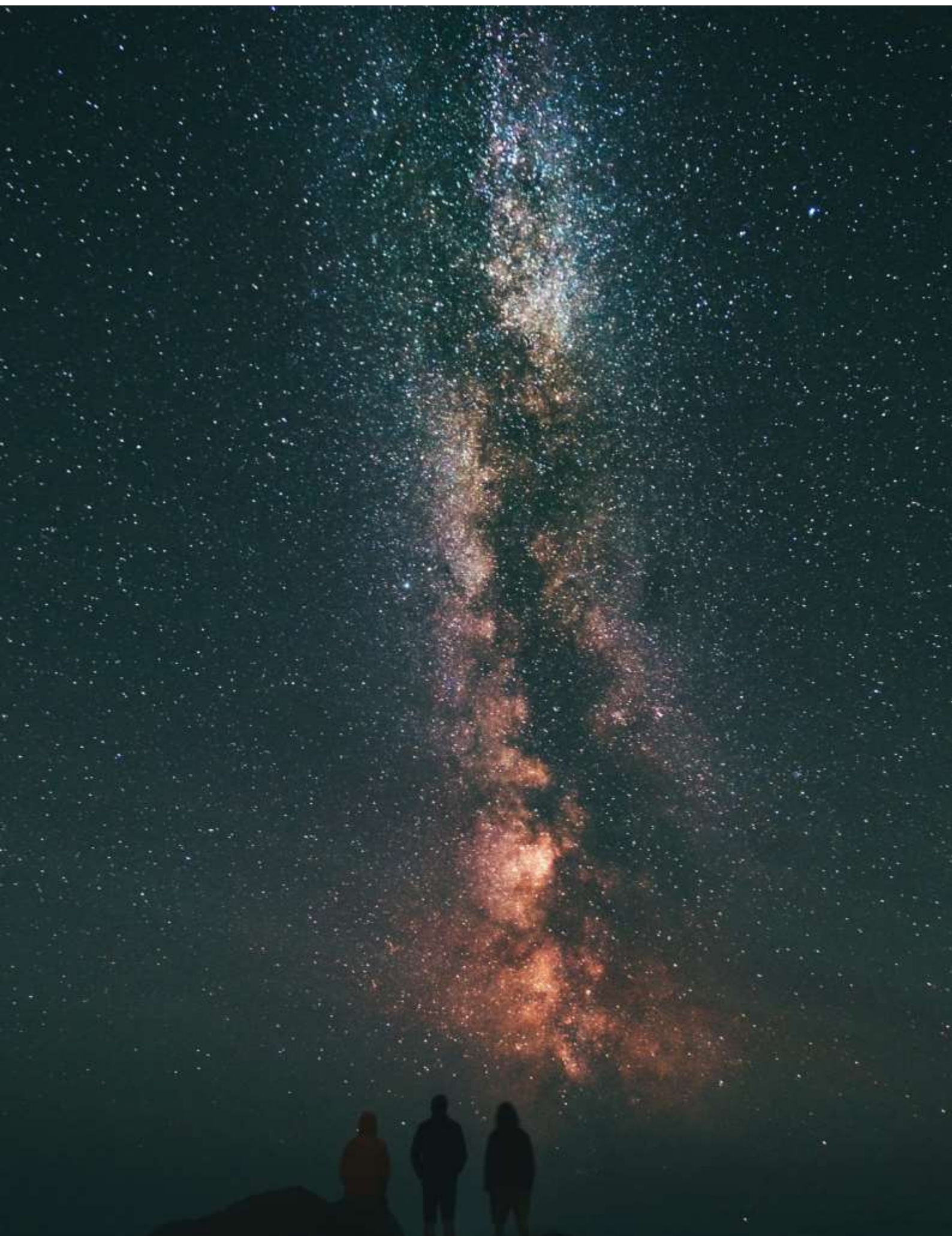
"There is a fundamental reason why we look at the sky with wonder and longing—for the same reason that we stand, hour after hour, gazing at the distant swell of the open ocean. There is something like an ancient wisdom, encoded and tucked away in our DNA, that knows its point of origin as surely as a salmon knows its creek. Intellectually, we may not want to return there, but the genes know, and long for their origins—their home in the salty depths. But if the seas are our immediate source, the penultimate source is certainly the heavens...

The spectacular truth is—and this is something that your DNA has known all along—the very atoms of your body—the iron, calcium, phosphorus, carbon, nitrogen, oxygen, and on and on—were initially forged in long-dead stars. This is why, when you stand outside under a moonless, country sky, you feel some ineffable tugging at your innards. We are star stuff. Keep looking up"

– Neil deGrasse Tyson

Today is a simple one. When the suns gone to sleep, I want you to step outside, look up and admire all that you see

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PICNIC

“For every bear that ever there was, will gather there for certain because, today's the day the teddy bears have their picnic”

When was the last time you packed a picnic basket and blanket and headed off in search of somewhere new? Today I want you to do just that. Breakfast, brunch, lunch, afternoon tea or dinner, it doesn't matter when.

Just choose your who and don't forget the sunscreen.

BEAUTIFUL YOU

Today's affirmation; *“I am beautiful and I accept myself for who I truly am”*.

Today is all about comfort and being the authentic you. No matter what you're doing today I want you to go about your day in total comfort and freedom. Girls, let your skin breathe and go makeup free. Don't worry about curling or straightening your hair, let it be wild and free. Forget the bra if that makes you feel good. Wear clothing that is comfortable and light.

Our bodies are truly amazing and each one is truly beautiful. Today I want you to show your body some love and appreciation, not only for how it looks on the outside but for what it allows you to do.

Let yourself be who you really are, no hiding, no pretending, your natural state.

Find a mirror and while looking at your own beautiful reflection repeat, “I am beautiful and I accept myself for who I truly am”.

If weather permits today, sit in the sunshine for a while and feel the warmth on your skin. Slip your shoes off and walk through the garden or along the beach. Feel your true self connecting with nature.

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LET'S READ

"The more that you read, the more things you will know. The more that you learn, the more places you'll go" – Dr Seuss

Today we're going to expand our minds as we take some time for ourselves. For today's challenge I want you to choose a REAL book, not an e-book, kindle etc, a real life book, the type that can give you a paper cut. Choose one from your own personal collection, borrow one from a friend, steal one from the kids or head to the local library.

I love getting lost in the pages, entering different worlds, eras and minds. Letting your mind create the magic for you.

Opening up and reading a real book can increase intelligence, improve memory, expand your vocabulary, help you to relax and if done before bed can help improve sleep.

POSITIVE AFFIRMATIONS

What are positive affirmations? Positive affirmations are statements that you repeat to yourself. These might be to encourage new habits, improve self-confidence, self-love and self-worth, overcome obstacles and challenges in your daily life, open yourself to new relationships or manifest things into your life.

Today I want you to choose one positive affirmation and repeat it to yourself three times, numerous times, throughout the day. Try coordinating it with something you already do multiple times a day, looking in a mirror, going to the bathroom or whenever you check your phone. If you're not sure where to start I've listed a few but you can choose any words that empower, enlighten or inspire you.

i am balanced. i am centered. i am peace. i am ease.

it is all within me, the power and strength to overcome any obstacle.

the love i am looking for is within me. i am love.

life is good. life is great.

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GOOD DEED

“Good deeds should be done with intention, not for attention” - Unknown

It's time to pay it forward. Today we're going to do a good deed for someone that we know. Mowing your Grandmas lawn, inviting your Mum round for dinner, taking care of your partners chores for the day, washing a friend's car or maybe taking a parcel of goodies over to a new Mum that you know. If there's someone you'd really like to do something for but not sure what, ask them.

Whilst not everyone is happy to ask for help, quite often if you let them know you'd like to do something nice for them they'll be able to suggest a way you can help.

MAGIC MUSIC

“Music is the strangest form of magic” – Marilyn Manson

Today's challenge is to really take the time to appreciate music. Music has the power to influence how we're feeling. It can make you want to dance, to smile, and laugh. It can make you feel angry, detached, hurt and unhappy. Have you ever been in the car on the way to work and a song comes on that makes your head do that boppy thing, you start singing along and all of a sudden you feel energised and in a great mood (or if you're like me, you then send a text message to your girlfriends saying “we NEED a girls night out dancing”, that of course, never actually comes to fruition).

Choose an album or playlist and use it to influence your day. Perhaps upbeat, happy and inspirational to start your day or chilled, calm and peaceful to wind down at the end of the day.

Take the time to explore new music, find undiscovered artists and widen your musical interests.



DIY FACE MASK

“Almost everything will work again if you unplug it for a few minutes, including you”

– Anne Lamott

It's easy to get caught up in everyday life. Whether you're balancing university, a part time job, paying bills and a social life or perhaps a working Mum trying to run a household, taxi the children around and pursue a career. Whoever you are, whatever you do, it's easy to get caught up in the routine of your life.

Today we're going to put 15 minutes aside to refresh and rejuvenate our skin with a face mask. Feel free to use one you already have all get creative in your kitchen and create one of your own (remember to patch test first).

Apply your face mask and use the time to read a book, tune out to a guided meditation or paint your toe nails. Make sure you use the time on you, avoid starting dinner or scrolling through social media. You have the time.

PINK COCONUT

4-5 mashed strawberries
1 tbsp coconut oil
Squeeze of lemon juice

COCO LOCO SCRUB

2 tbsp coconut sugar
1-2 tbsp coconut oil

AVO & OATS

2 tbsp ground oats (oats whizzed up
in the blender)
½ mashed avocado

GET DRESSED UP

Today we're going to do something fun! Now, it doesn't matter where you go or what you're doing, but today I want you to get dressed up. They say if you act confident, no one will question you. So whether you want to get dressed up to go grocery shopping, a night at the movies, a family dinner or just a frozen meal at home with your partner, go all out. Don't wait for an excuse to get dressed up, create one.

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ROAD TRIP

"It's not the destination, it's the journey"- Ralph Waldo Emerson

Not every road trip requires luggage. Today's challenge is to pack a picnic lunch or some snacks and head off in a direction you haven't been before.

A few years ago, thanks to one long car trip, wet and wild weather and a screaming three year old we started the family boot picnic. Since then it's become the norm when we need a change of scenery but perhaps don't have the time or funds to get away.

Whether it's a beach you haven't been to before, driving up the hill to find a spot with a good view, a dam or water reserve, lake, countryside or farm, just jump in that car, catch the bus or jump on your bikes. It doesn't matter if it's 15 minutes, 30 minutes or an hour away, the point is, you are away.

Bring a little of that holiday mentality into your everyday life.

SHARE THE LOVE

It's not how much we give, but how much love we put into giving" – Mother Teresa

It's time to do something with those unwanted items from our De Clutter challenge. It's time to give a little back. I really do love the above quote, as sometimes it can feel like you don't have much to give, but I promise you, there's always something you can give, love being the first and foremost.

Today I want you to finally drop off that bag of clothes that's been rolling around in the boot of your car for the last three months. I want you to donate a little love. You might donate a bag of your clothes, the kids clothes or toys to the local charity shop, some non-perishable items for a food drive, a collection of feminine hygiene products for a women's shelter, a donation to your chosen charity or volunteering your time.

Perhaps you know someone personally whose struggling or not doing so well lately. Can you drop them off a home cooked meal to put in the freezer, offer to help clean or mow their lawn or take them out for coffee to help lift their spirits?

Whatever you choose to do, do it with love.

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DEAR DIARY

Today we're going to channel our inner 13 year old girl, yes even the guys. Keeping a journal can help improve the quality of sleep, increase focus, help you be more present in daily life and help you sort out all that mental chaos.

It doesn't matter what you use today, an old notebook, scrap paper or the inside of a cereal box, all that matters is that you have a go. The great thing about writing in a journal is there's no right or wrong way to do it. To help get you started I've listed a few questions below that might help.

What is causing me stress and anxiety right now?

How am I feeling at this very moment?

What can I do about any negative feelings I am currently experiencing?

What am I truly grateful for at this moment?

TUB TIME

"Rubber Duckie you're the one, you make bath time lots of fun...."

It's time to relax. Today I want you to fill up the tub and let your stress float away. If you do not have a bath find a comfy spot in your house and fill up a foot spa, or DIY it with a bucket, empty the toys out of children's plastic toy tub if they have one, large bowl, anything!

Light some candles, put on your favourite playlist, grab a book, a smoothie, juice or wine and let the warmth of the water wash away your worries.

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UNKNOWN KINDNESS

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you" - Princess Diana

How good did you feel after doing your good deed a few days ago? Did you create some smiles? Well today I want you to do another good deed, but this time for a stranger, a random act of kindness.

You can choose to do little random acts of kindness throughout the day or perhaps just one larger one, it's completely up to you. Think about what would make you happy, if someone you didn't know surprised you with a random of kindness, what would could they do to put a smile on your face? Use that and brighten someone's day, you just don't know what difference that could make to their day, week or month.

Some random act of kindness ideas

- Mow the neighbour's lawn
- Leave a kind or inspirational note on someone's car
- Bring handmade treats to work for everyone to share
- Leave positive sticky notes on co-workers' desks
- Buy a random \$5 gift card, lottery ticket or scratchy and hand it to a stranger
- If you've got time left on parking ticket hand it to someone just arriving
- Leave change at the Laundromat
- Pay everyone you talk to a compliment
- Pay for the person in line behind you when buying your morning coffee
- Pay for the groceries of the person next to you in line
- Let someone go in front of you when waiting in line
- Hold the door for someone
- Take some flowers to the local hospital
- Instead of walking past quickly offer to take the photo for somebody
- Help someone with their bags
- Leave a single flower on peoples cars, letterboxes or desks

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MAKE THE CALL

Sometimes the weeks roll by and before we know it, it's been three, six or twelve months since we've spoken to someone important to us. This can make us anxious or nervous and we put off the call even longer. I can pretty much guarantee if you just pick up the phone and make that call there will be no judgement on the other end. Quite often you'll find they've been feeling the exact same way.

Life's too short, we never know what the next day could bring, so make that call, stay connected.

GAME NIGHT

Invite the family, friends, neighbours, work colleagues or even me, tonight is game night! Charades, Monopoly, Scattergories, Battleship, Mouse Trap, Connect 4, Trivial Pursuit, Cards Against Humanity (One of our personal favourites but for the adults only of course), the options are limitless.

Whether it's a small group of friends, with the kids or just yourself and your partner, get comfy, get some naughty snacks and sit down for some good old fashion fun. Don't forget to turn the TV off and put the phones away so you can all be totally in the moment (And no one can cheat!).

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TEA PARTY

"Take some more tea," the March Hare said to Alice, very earnestly.

"I've had nothing yet," Alice replied in an offended tone, "so I can't take more."

"You mean you can't take less," said the Hatter: "it's very easy to take more than nothing."

Yes, that's right, today I want you to have a tea party! You can take this in any direction you like. Go all out at a high tea or invite some friends or family around, maybe ask them to bring some cakes, cookies or sandwiches with them to share or perhaps each person could bring their favourite tea. Shake off the picnic blanket and set up in the garden with the kids (don't forget to invite the teddy bears) or maybe use it as an opportunity to catch up with someone that lives overseas. Organise a time with them, make sure you both have a cup of tea warming your hands, put the phone on speaker and pretend there's no distance between you at all.

If you don't drink tea substitute for coffee, juice, water or make it an adults only with beer or bubbles. Use this day as a time to really connect with your company, find out what's going on in their lives, share funny stories, laugh, and have a bit of childish fun.

TAKE 3 FOR THE SEA

Where ever you go today, take three. Take 3 is an Australian not-for-profit organisation committed to reducing plastic pollution and their message is simple and one we should all live by; "Take three pieces of rubbish when you leave the beach, waterway or anywhere and you've made a difference".

So today, no matter where you go in your travels, even if it's just a simple walk around the block with the dog, pick up your three then share the message with someone else.

Where does your plastic go?



Pick it up, Bin It. Take 3 for the Sea

EXPLORE THE OUTDOOR

Remember when your parents used to tell you to “just go outside and play”? They say it was for our benefit, but as adults we all now know it was just because they wanted five minutes peace and quiet, I don’t blame them really. Today, I am going to tell you the same thing, go outside and play!

Whether it’s that tennis match you’ve been putting off with someone, letting your inner kid loose and taking over the local playground, cricket and a swim at the beach, a snowball fight with the kids, a hike up the local hill or playing fetch with the dog.

Get outside, leave the electronics at home and enjoy being in the moment.

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Congratulations on making it to the end of the Inspired Life 30 Day Challenge! I dearly hope that you've found some activities through the challenge that you can now carry forward and integrate into your daily life.

Thank you so much for downloading and completing the challenge. If you did enjoy the 30 day challenge and would like to be notified of new posts, challenges and the launch of my e-book please follow my blog by entering your email and hitting follow and remember to follow @amandaadrift.

I'd love to hear how you went so please feel free to send me a message or drop me a comment!

Peace, love & coconuts,

Amanda