

30-Day EXITING COMFORT ZONE challenge



Day 1

Drink 8 bottles of water

Day 2

Take a 30-minute walk

Day 3

Prepare a healthy meal

Day 4

Tip your cashier

Day 5

Smile more in public

Day 6

Give your honest feedback if someone asks

Day 7

Visit a new place alone

Day 8

Go a full day without makeup

Day 9

No technology until night time

Day 10

Read a book for 30 minutes

Day 11

Let someone else pick your outfit

Day 12

Take a cold shower

Day 13

Set your alarm for 10 min earlier

Day 14

Reply "marvelous" to how you doing

Day 15

Buy a homeless person lunch

Day 16

No spend day!

Day 17

15 min walk

Day 18

No YouTube today

Day 19

Compliment a stranger

Day 20

Write a letter to someone and send it in the mail

Day 21

Be open and honest with Jesus

Day 22

Practice deep breathing

Day 23

Declutter a small area of your home

Day 24

Do a digital detox for one day

Day 25

Plan a day trip

Day 26

No fast food

Day 27

Show someone something you're proud of

Day 28

Cook a meal you never have before

Day 29

Learn something new online

Day 30

Pay a little more when tithing.