

30-Day R.I.S.E. Challenge

Resolve

- Day 1: Write down one fear you've avoided facing.
- Day 2: Choose one habit you want to stop.
- Day 3: Choose one habit you want to start.
- Day 4: Identify your #1 distraction and remove it.
- Day 5: Say 'no' to something that drains you.
- Day 6: Commit to one boundary you will protect.
- Day 7: Write your personal 'why' statement.

Invest

- Day 8: Spend 10 minutes learning a new skill.
- Day 9: Read a chapter of a growth-focused book.
- Day 10: Watch one educational video related to your goals.
- Day 11: Practice a skill you want to improve.
- Day 12: Write down three things you learned today.
- Day 13: Set a micro-goal for tomorrow.
- Day 14: Clean or reorganize your workspace.

Serve

- Day 15: Send encouragement to one person.
- Day 16: Hold the door or do a small act of kindness.
- Day 17: Volunteer 10 minutes of help to someone.
- Day 18: Ask a coworker how you can support them.
- Day 19: Give sincere appreciation to someone.
- Day 20: Share something helpful you learned recently.
- Day 21: Choose one person to intentionally serve this week.

Elevate

- Day 22: Write down the future version of yourself.
- Day 23: Choose your Elevation Word and define it.
- Day 24: Do one thing your future self would thank you for.
- Day 25: Spend 5 minutes in quiet reflection.

Day 26: Celebrate one win from this week.

Day 27: Stretch your comfort zone in one small way.

Day 28: Commit to rising again tomorrow.