

# 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.