

The Weekly Challenges

1 No TV for the week

How much TV are you watching every week? Find out just what you can do with that time instead by not watching TV at all for 7 days.

2 Act of Random Kindness (ARK)

Do a Act of Random Kindness every day. This could be leave a larger tip to a waiter, buy someone's coffee or meal anonymously, help an elderly person across the road, help someone with their bags.

3 Cook something new every day

Try learning 1 new recipe every day, broaden your horizons in the kitchen and do your best to keep these meals healthy, remember a healthy body gives a healthy mind.

4 10,000 steps every single day

Get a pedometer or use one of the step tracking apps on your phone and aim for a minimum of 10,000 steps for 7 days running. If you can start to make this an ongoing habit your body will thank you in the long run!

5 Meditate for 7 days straight

Go 7 days straight without missing any of your meditation practices, if you can start to make this a non-negotiable habit daily you will see the benefits in your overall success and happiness.

6 Tell someone how grateful you are of them

Every day tell someone different how much you appreciate them and why. As human beings we all like to know we are appreciated in some way, share the love and good things will come back to you.

7 Get up one hour earlier than you would normally

See what you can accomplish first thing in the morning when everyone else is still sleeping by getting up 1 hour earlier every day for 7 days.

8 Do the nightly mirror exercise

Every night before going to bed look in the mirror and tell yourself how much you appreciate yourself and your efforts. You'll be amazed at what this can do for your self-confidence and self-appreciation.

9 Read a book in a week

Pick one book and read it cover to cover within the week. See how much you learn by doing this and maybe you can do it weekly and achieve 52 books in the year. If you are worried about your reading speed then consider doing a speed reading course.

10 Journal for at least 10 minutes every day this week

Journaling can be hard but once you start writing you'll be amazed at what can come out. Have a big push for 7 days by journaling for 10 minutes every day, write your feeling and emotions, learnings from the day, things you are grateful for and anything else that pops into your head for some inspiration to move you forwards.

11 Find one success to celebrate each day

Celebrate all your wins no matter how small they are. Everything positive you achieve is moving you one step closer to achieving your goals. Tell others why you are celebrating and get them to celebrate with you. Rewarding yourself with a celebration re-enforces your sub-conscious minds desire to want to work harder for you.

12 Stop electronics early

No electronics for at least 90 minutes before going to bed, that means TV, Tablets, Computer and Phone. Learn what else you can do to relax at this time like read a book or talk to a real person.

13 Stay in touch with family and friends

Call a different family member or friend every day this week and catch up on old times or just life since you last spoke. Be appreciative of the people you have in your life and the experiences you have had with them in the past.

14 Home cooked meals

Commit to one home cooked meal every day this week. Eating out may be easy but it's not always the healthiest or most cost effective solution so see what effect cooking at least one meal every day at home has on your health and finances.

15 Improve your vocabulary

Every word you are unsure of the meaning look it up this week. Aim for at least 5 words every day. If you don't come across words you are unsure of the meaning, then just look up 5 new words in the dictionary and learn their meaning.

16 Drink 2 Liters of water

Track and drink a minimum of 2 liters of water every day. Find a glass or bottle with the volume measurements and track your 2 liters each day this week. Take note of how you feel and if you find you have been drinking a lot less.

17 Longer morning routine

Spend at least 30 minutes every day on your morning routine. Remember how you start your day can totally change how the rest of your day unfolds. Use this time to put yourself in a positive mindset and see the difference that flows through the rest of your day.

18 Clean living diet

No fast food or take-out food all week. Yes this means preparing all of your meals this week so do your best to keep some variation and above all else keep things healthy.

19 Watch your language

No curse words all week, that's right not one! If you find you do say one then keep track of it, use this opportunity to identify just how often you do swear and don't realize.

20 Increase your reading time

Read for at least 30 minutes every day this week. The knowledge you can gain from just 30 minutes of reading each day can be astonishing

21 Consistent and regular exercise

Exercise for at least 30 minutes every day. Play around with the style of exercise and the time you exercise. Remember this could be just making sure you go for a 30 minute walk every day, as long as you are hitting the 30 minutes of activity for 7 days straight.

22 Mobility and flexibility

Spend 30 minutes every day working on mobility and stretching exercises. Pay attention to how you feel moving around throughout the week and if any normal aches and pain seem to go away.

23 No alcohol

Avoid any alcohol for 7 days. Try to replace any of those mid-week evening drinks over dinner with water and just drink non-alcoholic drinks if you are out and about on the weekend.

24 No soft drink

Replace all soft drink with water. Take note of how you feel and keep track of the amount of money you would have spent each time you have a craving for a soft drink.

25 No caffeine

Time for a caffeine detox. No coffee, no energy drinks and no caffeinated soft drinks. Pay close attention to how you start to sleep as the week progresses. Keep track of the money you save and ask yourself if you really need as much caffeine as you have been consuming.

26 Talk to one stranger every day

Make a point of engaging in at least a brief conversation with one stranger every day this week. You never know who you will meet or what you will learn. Consider how this could open up opportunities for you in the future, the possibilities are endless!

27 Read a book summary every day

Book summaries are a great way to get the key points of a book summarized in less than 30 minutes of reading. Head over to <https://www.summaries.com/> and read one summary every day this week. If you like what you read and think the full book could add more value, then add it to the book list to get through this year.

28 Take a cold shower every day

No hot water this week, take a cold shower every day. Sure it's cold but if you can't handle getting under cold water for a few minutes, how are you going to handle what life throws at you.

29 Complaint free week

No complaining about anything for the week. If you feel a negative thought come up, look for the positive in it, every cloud has a silver lining! This positive outlook and no complaints can start to change your outlook on life and overall happiness.

30 Give a daily compliment

Give a compliment to someone new every day. You can choose if you know them or not, just practice telling people something nice. Pay attention to how they react and also how you feel giving out these compliments to at least 7 people this week.

31 Take a new photo

Photography can be incredibly relaxing and enjoyable. Try taking at least 1 photo every day this week on your way to work or as you are out each day. See what you start noticing around you that you didn't before and how much you really do have to appreciate.

32 Photograph your food

Take a photograph of everything you eat all week. This gives you a chance to look back on your eating habits at the end of the week but also makes you more conscious of what you are putting in your mouth in the first place.

33 Send love to 7 people

Tell someone you love them each day (yes 7 different people). See how these people react to what you say and pay attention to how you feel showing others your emotions and how you feel about them.

34 No news for the week

Don't watch the news and replace the time used there to learning something new by reading a book or spending time with a family member. See if removing all the negative media has an effect on your attitude.

35 Time in nature

Try to spend some time in nature every day. Get away from the concrete jungle so many of us live in. This could be just going to a park and taking some time to appreciate nature, it could be going for a walk or run outdoors away from the city.

36 Social media ban

No social media for 7 days... Yes that's right, no Facebook, Twitter, YouTube, Pinterest, Instagram, Snapchat... the list goes on. Pay attention to how often you go to access your social media accounts. At the end of the week did you really miss out on much by not being on social media for 7 days?

37 Get adventurous with your food

Eat something you have never tried before every day. It's easy to get stuck eating the same things day in day out but food can be such an enjoyable experience. Try branching out, you never know what you might find that you want to add into your weekly diet moving forward.

38 The hour of silence

Spend 1 waking hour in complete silence every day. No talking, tv, music, electronics etc. and use this time to just think, listen to your thoughts and see what intuitive ideas come up. This is often where the best ideas come from, so see what your mind brings forth for you.

39 Find a mentor

Email or call 7 new people and ask them to be your mentor. These could be people you know or someone you have never spoken to before but look up to and admire. You'll be surprised just how many successful people are so open to helping others achieve!

40 Do something that scares you every day

We all have fears but the best way to overcome fears is to face them head on, then they are no longer a fear. Talk to stranger, tell someone you like them, pick up a spider, talk in front of a group of people whatever your fears may be, try and face one a day for 7 days.

41 Cash only week

Do not use a credit card or any plastic for buying anything this week, cash only. Keep track of your spending habits and see if you are more in control of your spending just using cash.

42 The piggy bank

Put every coin you get throughout the week in a jar, no spending any coins. See how much you have in the jar at the end of the week and perhaps consider this one form of saving. You could even more to placing the smaller notes in here too and cash in at the end of the year.

43 Story time

Ask someone to tell you a story about their life every day this week. It may sound like a broad question but you could really start to learn things about those around you that enable you to build even better relationships. If nothing else, this is interesting stuff so enjoy the stories and pull some inspiration from them.

44 Learn a language

Learn to say 5 new words in a new language each day this week. Things like please, thank you, hello, goodbye etc. You never know when this will come in handy as you move through life. You may even take a liking to a language and start to pursue it in more detail.

45 Plan ahead

Pick a random date in the future and plan a fun activity for that day. Stick to it! Make a plan every day this week for some time in the future.

46 Dress to impress

Take some pride in your appearance. Try leaving the house each day this week having worked a little harder than usual to look your best. See how you feel walking down the street, see if people look at you or talk to you differently.

47 Smile on the call

Smile when answering every phone call you get for the week. See how the phone call goes as when you're smiling it's extremely hard to be in a bad head space or in any way negative.

48 Lights out early

Go to bed 1 hour earlier every night. It might be hard to begin with but use this as a way to see if you are staying up too late and not getting enough sleep.

49 Mix up your music

Listen to a completely different style of music each day that you wouldn't usually listen to. Broaden your horizons and see what other styles of music you find you appreciate and enjoy.

50 The internet ban

Don't go online unless it's absolutely necessary all week. If your job involves going online or you are waiting on something important then make exceptions otherwise see what it's like living before the internet was around. You may appreciate the time without internet, or it might make you appreciate just how much information you have at your fingertips when you have access to the internet.

51 Stay outdoors

Spend at least 1 hour outside every day rain, hail or shine. It's easy to get stuck indoors, get out and get your fix of vitamin D, fresh air and activity.

52 Leave the car at home

Leave your car keys at home and walk to everything that you consider within walking distance (E.g. 3 kms / 2 Miles...)