



ME FIRST CHALLENGE

SAVING YOU IS KILLING ME: LOVING SOMEONE WITH AN ADDICTION

FULL DETAILS AND DESCRIPTION AT THE WEBSITE:

WWW.SAVINGYOUISKILLINGME.COM

JOIN THE ME FIRST CHALLENGE FOR FULL DETAILS

4 GET OUT INTO NATURE DAY
WALK, HIKE, GARDEN, VIEW OR PLAY OUTDOORS

5 SET NEW HABITS INTO MOTION DAY
MAKE A PLAN, DECIDE DAILY HABITS

6 HAVE A POSITIVE SELF-TALK DAY
ONLY PERMIT THE NICEST THINGS TO COME INTO MIND

7 MAKE A SPA AT HOME DAY
BODY SCRUB, SHAVE, HAIR TREATMENT OR MASK

8 TRY SOME RANDOM RECREATION
PICK A NEW WAY TO BE ACTIVE AND TRY IT

9 INVENT A NIGHT TIME ROUTINE
CREATE AND PLAN A NEW RITUAL

10 PLAY YOUR FAVOURITE MUSIC
MAKE A PLAYLIST, DANCE & GROOVE ALL DAY

11 HAVE A DAY OF CALM & QUIET
SPEAK SOFTLY, BE CALM, PLAY SOFT MUSIC OR READ

12 PRIORITIZE TAKING BREAKS TO DANCE, SING, WALK, OR BREATHE

13 REACH OUT TO FRIEND DAY
PLAN TO SEE, TALK TO, OR MEET A FRIEND

14 HAVE A RAGE PARTY
SAFELY DANCE, SCREAM, KICK, OR PUNCH YOUR ANGER OUT

15 MEMORIZE A FAVOURITE MANTRA
CREATION DAY REPEAT IT ALL DAY LONG

16 PREPARE FOR A STRENGTH SPOTTING DAY
TREAT YOURSELF TO A SPECIAL MEAL OR RECIPE

17 HAVE A PURGE DAY
DECLUTTER, JOURNAL, & LET GO OF THINGS

18 HAVE A MINDFUL MEDITATION DAY
BE MINDFUL AND MEDITATE

19 HAVE A DAY OF BREATH WORK
SET A TIMER & BREATHE

20 MAKE A VISION BOARD
CLIP IMAGES & MAKE A COLLAGE OF YOUR DESIRES

21 NOTICE A WHAT WENT WELL DAY
JOURNAL THREE GOOD THINGS

22 TAP INTO YOUR COURAGE AND TRY SOMETHING NEW DAY
TRY A NEW CLASS, ROUTE, OR TRAIL

23 HAVE A PLEASURE DAY
DECIDE A DAY OF WHAT PLEASURES YOU AND DO AS MANY AS YOU CAN

24 HAVE AN UNPLUG SOLITUDE DAY
EXPERIENCE THE JOY OF MISSING OUT

25 HAVE FUN CREATING A MORNING RITUAL
PREPARE AND PRACTICE

26 HAVE A CLEANSE DAY
EAT LIGHT, DRINK WATER AND SWEAT

27 TAKE A WALKING MEDITATION
MINDFULLY WALK AND TAKE IN THE BEAUTY

28 FIND & TAKE A YOGA CLASS OR MEDITATE
FIND A LOCAL CLASS, VIDEO OR YOU TUBE

29 POWER UP POSTURE DAY
STAND TALL, TAKE UP SPACE & FEEL YOUR POWER

30 HAVE A DAY FULL OF MICRO MOMENTS OF JOY DAY
SMALL MOMENTS OF GOODNESS

CREATED BY
ANDREA SEYDEL

1 EXPECTING AN IMPORTANT VISITOR DAY
TIDY UP YOUR HOUSE, CAR, OR ROOM

2 WEAR A FAVOURITE OUTFIT DAY
FIND AN OUTFIT THAT MAKES YOU FEEL INCREDIBLE

3 WRITE YOURSELF A LOVE LETTER
WRITE OUT, PRINT, SEND OR POST IT