



30

DAY

Personal Growth
Challenge

One Small Step Every Day

30 days of intentional growth, reflection, and transformation.



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Self Awareness

DAY 1

1

Write down three things you are grateful for.

DAY 2

2

List your top five strengths.

DAY 3

3

Identify one limiting belief.

DAY 4

4

Write about your biggest goal.

DAY 5

5

Spend 15 minutes in silence.

DAY 6

6

Write a letter to your future self.

DAY 7

7

Reflect on what you learned this week.

Confidence Building

DAY 8

8

Celebrate one recent win.

DAY 9

9

Do something outside your comfort zone.

DAY 10

10

Replace one negative thought with a positive one.

DAY 11

11

Write ten things you like about yourself.

DAY 12

12

Set one healthy boundary.

DAY 13

13

Practice speaking confidently.

DAY 14

14

Reflect on your progress.

Purpose & Action

DAY 15

15

Define your top three priorities.

DAY 16

16

Take one action toward a major goal.

DAY 17

17

Learn something new.

DAY 18

18

Reach out to someone who inspires you.

DAY 19

19

Organize one area of your life.

DAY 20

20

Identify one distraction to eliminate.

DAY 21

21

Reflect on your growth.

Transformation

DAY 22

22

Write your personal mission statement.

DAY 23

23

Visualize your ideal future.

DAY 24

24

Practice forgiveness.

DAY 25

25

Create a new empowering habit.

DAY 26

26

Help someone without expecting anything in return.

DAY 27

27

Review your goals.

DAY 28

28

Write down lessons learned.

DAY 29

29

Commit to one long term goal.

DAY 30

30

Celebrate your transformation and create your next 30 day plan.
growth



COMPLETION

Reflection

You made it. Take a moment to honor your journey.

What am I most proud of?

01

What has changed about me?

02

What will I continue doing?

03





READY TO GO DEEPER?

Your Transformation Continues Here

Transformation does not happen by chance.
It happens through intentional growth,
accountability, and support.

Book your complimentary clarity session
and discover what is possible.

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