



WELLBIZ SOLUTIONS • FREE RESOURCE

30-Day Personal Development Challenge

One small action a day, for a month of real growth

WEEK 1 — SELF-AWARENESS

- Day 1** Write down your top 3 values and one action today that reflects them.
- Day 2** List 3 strengths you bring to any team or task.
- Day 3** Identify one habit that's quietly holding you back.
- Day 4** Write a short "future self" letter — who do you want to be in 5 years?
- Day 5** Ask someone who knows you well for one piece of honest feedback.
- Day 6** Track how you spend your time today, hour by hour.
- Day 7** Reflect: what's one thing you learned about yourself this week?

WEEK 2 — HABITS & DISCIPLINE

- Day 8** Wake up 30 minutes earlier than usual.
- Day 9** Go the whole morning without checking social media.
- Day 10** Complete your most important task first thing in the morning.
- Day 11** Read for at least 20 minutes.
- Day 12** Prepare tomorrow's to-do list before you sleep tonight.
- Day 13** Move your body for at least 15 minutes.
- Day 14** Reflect: which new habit felt hardest this week, and why?

WEEK 3 — RELATIONSHIPS & COMMUNICATION

- Day 15** Reach out to someone you haven't spoken to in a while.
- Day 16** Practice active listening in one conversation today — no interrupting.
- Day 17** Give one genuine compliment to a colleague or family member.
- Day 18** Have that one conversation you've been avoiding.
- Day 19** Ask a mentor or experienced person for advice on a current challenge.
- Day 20** Say "no" to one thing that doesn't align with your priorities.
- Day 21** Reflect: how did focusing on relationships change your week?

WEEK 4 — GROWTH & VISION

- Day 22** Set one specific goal for the next 90 days.
- Day 23** Identify one skill you want to build this year, and one way to start.
- Day 24** Spend 30 minutes learning something completely new.
- Day 25** Revisit your "future self" letter from Day 4 — anything to add?
- Day 26** Do one thing today that scares you a little.
- Day 27** Write down 3 wins from this month, however small.
- Day 28** Plan how you'll keep one habit from this challenge going.
- Day 29** Share what you learned with someone else.
- Day 30** Reflect on the full month — what changed, and what's next?

Want structured coaching to keep this momentum going?
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