

30 Days to a Better You—One Small Step at a Time Quick Summary

Week One: Accept Yourself

- Day 1: Set your intention to accept yourself.
- Day 2: Acknowledge your strengths.
- Day 3: Forgive yourself for being imperfect.
- Day 4: Honor your personality.
- Day 5: Don't believe your inner critic.
- Day 6: Embrace your uniqueness.
- Day 7: Admit what you cannot change.

Week Two: Be Kind to Yourself

- Day 8: Show yourself respect.
- Day 9: Make one healthy choice.
- Day 10: Pay attention to simple pleasures.
- Day 11: Start the day right.
- Day 12: Accept your limits.
- Day 13: Stand up for your preference.
- Day 14: Schedule me-time.
- Day 15: Do something kind for your body.

Week Three: Nurture and Develop Yourself

- Day 16: Say "Yes" to something new.
- Day 17: Invest in yourself.
- Day 18: Make something.
- Day 19: Take a small risk.
- Day 20: Let go of an expired hobby.
- Day 21: Get around to it.
- Day 22: Practice with intention.

Week Four: Pursue Your Purpose and Your Dreams

- Day 23: Succeed at a habit.
- Day 24: Celebrate a success.
- Day 25: Find like-minded people.
- Day 26: Notice what brings joy.
- Day 27: Notice what frustrates.
- Day 28: Find the next step.
- Day 29: Embrace trial and error.
- Day 30: Look back on all you have accomplished.