



NOVEMBER 2017

# *A 30 Day Mantra Challenge*

TO WELCOME POSITIVITY,  
PRODUCTIVITY AND SELF-CARE

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*Today I let go of  
all that does not serve me.*

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Day 1.

*Positivity Action:*

Journal Prompt – What do you love about yourself?

*Productivity Action:*

Track the time you're spending on tasks.

*Self-Care Action:*

Make a decision (big or small!) you've been putting off or  
avoiding.



*I choose to nourish my  
heart and mind.*

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Day 2.

*Positivity Action:*

Journal Prompt - Who inspires you?

*Productivity Action:*

Schedule 3 meaningful breaks during your work day.

*Self-Care Action:*

Watch a documentary or read a book/article on a topic  
you love.





*I choose compassion  
and kindness.*

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Day 3.

*Positivity Action:*

Update a social media profile with  
your favorite photo of yourself.

*Productivity Action:*

Give yourself a deadline for 2  
open-ended tasks. Pencil them in  
your calendar.

*Self-Care Action:*

Take a walk around your  
neighborhood.



*I am loved.*



Day 4.

*Positivity Action:*

Reach out and tell a loved one you're thinking of them.

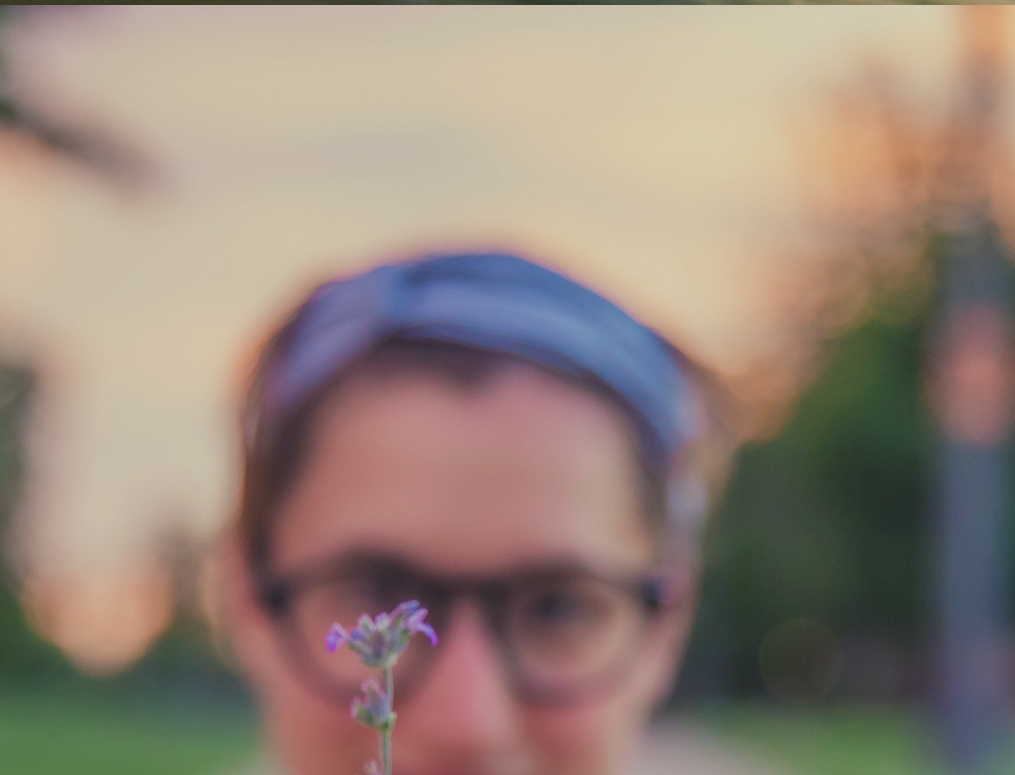
*Productivity Action:*

Complete "2 minute tasks" as soon as they pop up.

*Self-Care Action:*

Today, eat your meals distraction-free.





*I feel abundance all  
around me...*



Day 5.

*Positivity Action:*

Imagine negative thoughts as bugs.

*Productivity Action:*

Say "yes" to something.

*Self-Care Action:*

Play outside.

*...and within me.*



Day 6.

REPEAT DAY 5 ACTIONS.



*Everything is  
working in my favor.*

.....

Day 7.

*Positivity Action:*

Share something you're proud of  
on social media.

*Productivity Action:*

Make standing meetings and take  
walking phone calls.

*Self-Care Action:*

Eliminate one decision a week by  
setting a new weekly routine.  
Think: Tacos on Tuesday, yoga  
class every Thursday, or a set  
uniform for Fridays.





*The Universe is powerful  
and I exist within it.*

.....

Day 8.

*Positivity Action:*

Say no to talk of: tired, busy, weather, traffic.

*Productivity Action:*

Single-task each item on your To-Do list.

*Self-Care Action:*

Donate 5 items which are no longer serving you.



*I trust in the power of  
the Universe.*

.....

Day 9.

*Positivity Action:*

Donate to a charity.

*Productivity Action:*

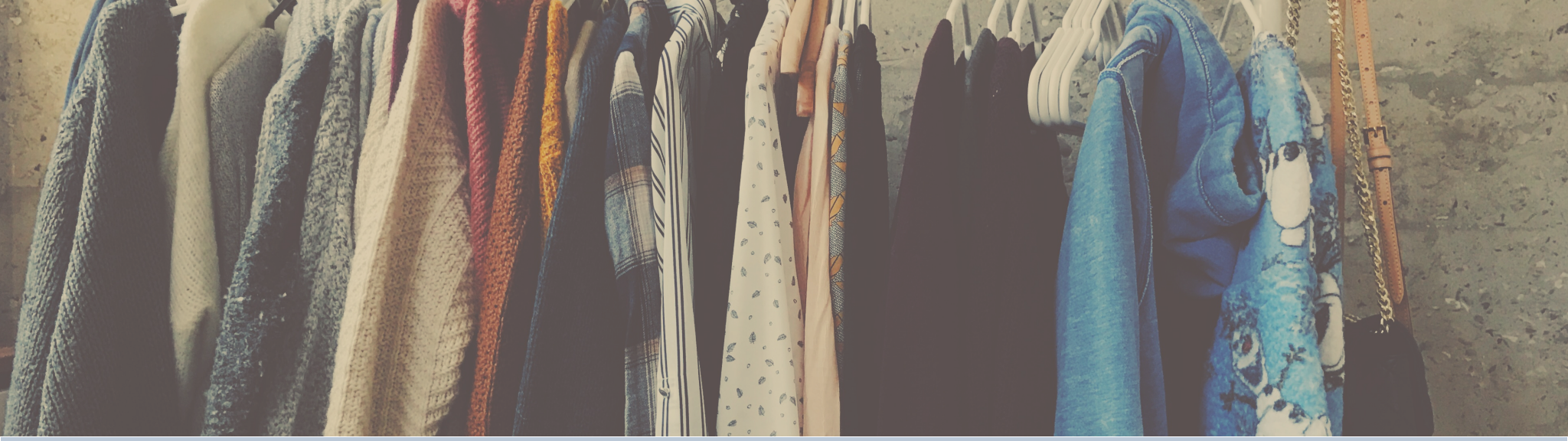
Download a book or podcast to  
listen to on your commute and/or  
while you do chores.

*Self-Care Action:*

Meditate for 3 minutes - 1 minute  
focus on breath, 1 minute focus on  
thoughts, 1 minute focus on body.







*I am strong.*



Day 10.

*Positivity Action:*

Journal Prompt – List the ways your body serves you.

*Productivity Action:*

Check in with your mentor.

*Self-Care Action:*

Do your favorite work-out.



*I am grounded.*

---

Day 11.

*Positivity Action:*

Memorize a quote, poem, or passage that speaks to you.

*Productivity Action:*

Clear your mind in the middle of your work day by taking a walk.

*Self-Care Action:*

Pick out three items of clothing you love and plan outfits around them for the next three days.





*I am connected...*



Day 12.

*Positivity Action:*

Call a family member.

*Productivity Action:*

Offer to help.

*Self-Care Action:*

De-clutter a room and  
donate the contents.

*...and I send healing  
light to those in need.*



Day 13.

REPEAT DAY 12 ACTIONS.

*I align myself with my  
highest truth.*

---

Day 14.

*Positivity Action:*

Practice power posing.

*Productivity Action:*

Answer emails at the beginning of the work day  
and the end. Not in between.

*Self-Care Action:*

Turn your phone on airplane mode an  
hour or two before bed time.





*I communicate with  
love and  
understanding.*

---

Day 15.

*Positivity Action:*

Set aside 30 minutes to practice a skill you want to improve.

*Productivity Action:*

Create a few template emails to streamline your most common correspondence.

*Self-Care Action:*

Talk to a stranger.



*I open myself to  
the fullness of my power.*

.....

Day 16.

*Positivity Action:*

Write down 3 short-term goals  
and post somewhere you'll see often.

*Productivity Action:*

Work in 90 minute intervals and  
take meaningful breaks in between.

*Self-Care Action:*

Unfollow toxic social media accounts.





*I am enough.*

---

Day 17.

*Positivity Action:*

Make a positive change to your morning routine like waking up 10 mins. earlier or drinking a glass of water.

*Productivity Action:*

Give your workspace a makeover.

*Self-Care Action:*

Spend 3 minutes taking deep, cleansing breaths.

# *My mind is clear.*

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Day 18.

*Positivity Action:*

Write about possible solutions to 3 problems/worries.  
Commit your focus to the solutions and rid your mind of  
the problems.

*Productivity Action:*

Turn off social media notifications.

*Self-Care Action:*

Turn on your favorite jams and have a  
solo dance party!





*This is my path  
towards a higher  
purpose.*

.....

Day 19.

*Positivity Action:*

Actively look for things to smile about. And then do!

*Productivity Action:*

Try a 1-3-5 To Do List. 1 large task, 3 medium, and 5 small.

*Self-Care Action:*

Spend 10-15 minutes stretching.





*I connect and  
ask for guidance.*

.....

Day 20.

*Positivity Action:*

Sign up for a volunteer opportunity.

*Productivity Action:*

At the end of the day, write out a  
DONE list of everything you  
accomplished.

*Self-Care Action:*

Find a flight of stairs and walk up  
and down them 4x.





*I am grateful for this day.*



Day 21.

*Positivity Action:*

Write a Thank You note.

*Productivity Action:*

Attach emotions to task completion. How will you feel  
when you finish that big report -  
Relief? Happiness? Gratitude?

*Self-Care Action:*

Meal plan.





*I am grateful for my  
body...*

.....

Day 22.

*Positivity Action:*

Do your favorite exercise routine  
every day for 1 week.

*Productivity Action:*

Clean up files on one of your devices.

*Self-Care Action:*

Give your neck and shoulders a massage,  
brush your hair, moisturize.

*...and my mind.*

.....

Day 23.

REPEAT DAY 22 ACTIONS.





*I feel gratitude for  
the abundance all  
around me.*

.....

Day 24.

*Positivity Action:*

Find a new way to learn about a subject you love. Borrow a book, take a course, get coffee with an expert.

*Productivity Action:*

Break down a larger project into chunks and assign one chunk a day in your calendar. Draw a big circle around completion day!

*Self-Care Action:*

Switch out "no problem/worries" for "you're welcome."





*I am graceful.*

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Day 25.

*Positivity Action:*

Stay mindful of your posture.

*Productivity Action:*

Choose a task to outsource.

*Self-Care Action:*

Wear an item of clothing that feels luxurious.





*I have the tools to  
overcome any obstacle.*

.....

Day 26.

*Positivity Action:*

Journal Prompt - How have you turned a  
"failure" into a triumph?

*Productivity Action:*

Do your least favorite task first.

*Self-Care Action:*

Spend a few quiet moments in nature.

The background of the slide is a collage. The top left shows a row of colorful yarn balls (red, orange, yellow, brown) on a white pegboard. The top right is a piece of weathered wood. The right side features a red flower and a green heart-shaped object on wood. The bottom right corner has a close-up of a yellow and purple flower. The bottom left shows a dark, reflective surface.

# *Practice and all is coming.*

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Day 27.

*Positivity Action:*

Reward an achievement you've made in the past year.


*Productivity Action:*

Reserve the final 30 mins of your work day for planning out the following day's schedule/tasks.

*Self-Care Action:*

Take an activity that you would normally do indoors and do it outside in the sunshine!





*I love and honor  
where I'm at today.*

---

Day 28.

*Positivity Action:*

Journal Prompt – What are you proud of?

*Productivity Action:*

Schedule your mindless tasks in a batch each week and knock them out while listening to music or watching TV.

*Self-Care Action:*

Experiment with essential oils.



*Be brave.*

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Day 29.

*Positivity Action:*

Visualize how you can embody bravery in your everyday life.

*Productivity Action:*

Do something at work that you've been too scared to do. Think: ask for a raise, sign up to give a talk, reach out to someone important in your field.

*Self-Care Action:*

Laugh with abandon.





# *Find delight!*



Day 30.

*Positivity Action:*

Read and watch whatever brings you inspiration.

*Productivity Action:*

Immerse yourself in the aspects of your work and life which bring you the most joy.

*Self-Care Action:*

Treat the day like a scavenger hunt. Find delight everywhere you go and in the unexpected.