



Little  
**MIS-FIT**



## Challenge

*Aim to schedule in 30 minutes every day these next 30 days just for YOU!. Even if it means getting up that little bit earlier or even splitting your 30 minutes into two blocks of 15 Minutes on busier days!.*

- Day 1 – Start a Gratitude journal.* Get a pretty Notebook and list 3 things every day over the next month you are grateful for, no matter how large or small they may seem .
- Day 2 – Get in a workout.* Release some endorphins . Even if you really have to force yourself, I guarantee you will feel so much better for it. Take a walk on your lunch break , get up a little earlier and kick off your day with a work out , take a class with a friend after work or even by yourself – sweat away the stresses of the day. Go for a walk or bike ride with your kids or with a friend.
- Day 3 – Don't save something for a special occasion* – Life is the special occasion! . That piece of jewellery you love but keep it in a box to only bring it out on special occasions? , or the perfume you only wear when you go out?. Well today is that special occasion – so get the jewellery out of its box, spritz that perfume, twirl through the cloud and go Rock it today, you Gorgeous Gal you!
- Day 4 – Today grab a pretty notebook or create a Pintrest board* , make your self a cup of tea or pour yourself a glass of wine/prosecco/champagne and note down/pin your dreams – what do YOU want to do /learn/make happen this year?. We get one shot at life – so make sure you are living a life you Choose, not a life you settle for . Dream BIG and then set little goals for yourself to make those dreams happen. It can be a frivoulous as you like – these are your dreams ,just have fun with it. A friend got me one of those money pots last year – you know the ones you have to smash open? . Well I've been saving Pound coins in it all year and when its full , I fully intend to go buy myself a pair of fabulous Shoes , Carrie Bradshaw herself would be proud of! .

- Day 5 – Switch off* and take a little time to just be fully present today. Almost anything will work again, if you switch it off for a little while. Often when I am feeling exhausted but I think I really have not got time to stop, is when I have come to realise I actually need to switch off more than ever, its only then my creative juices start to flow again.
- Day 6 – Cook a meal or cake from scratch.*
- Day 7 – Buy yourself some pretty flowers*. You can get some gorgeous ones in the Super market for just a couple Pounds/Dollars. Pop them where you can see them and hopefully each time you see them, they will make you smile.
- Day 8 – Plan a date day with a friend for a catch up in person.*
- Day 9 – Find the Joy in life's simple pleasures* – curling up with a favourite book, just sitting in the garden, listening to a favourite playlist, have a little dance, do a little gardening – anything that makes your soul smile!.
- Day 10 – Legs up the Wall Yoga Pose*. This is a brilliant Yoga pose for destressing. Lie down with your legs up the wall or a closed door. Make yourself comfortable, close your eyes and just relax. Your heart will start to slow down and you will start to feel calmer. Stay here for 5 -10 minutes.
- Day 11 – Try a new workout* - hopefully you will have fun and get a great workout at the same time!.
- Day 12 – Take time to enjoy a cup of tea or coffee in peace*
- Day 13 – Create a relaxing bed time routine* – switch off electronics at least half an hour before bedtime. Take a bath or shower, wash off all your makeup, apply moisturiser and brush your teeth, maybe a little meditation and/or reflect on your day, write in your gratitude journal, then maybe read a little. Just give yourself time to unwind at the end of the day.
- Day 14 – Rock your boldest lip colour* - Red Lipstick always makes me feel ready to take on the world. Find a colour that makes you feel like a brave warrior and ready for anything and go rock it today!.
- Day 15 – Have a movie day* - grab your duvet, stay in your pyjamas and just watch your favourite movies all day long.
- Day 16 – Plan a trip!*. A day trip, a weekend away, a week or even two weeks. Its always lovely to have a little break from the normal routine to recharge the batteries.

- Day 17 – Create a Joyful Jar.* Have a clear jar and note down all the fun things that happen to you as the year unfolds. Pop the notes in the jar and then on New Years Eve, open up your jar and read back through all the joyful experiences the past year brought you.
- Day 18 – Take a luxurious bubble bath* light some candles, pour a glass of wine/prosecco and grab your book or stick some relaxing music on.
- Day 19 – Take a walk outside* and just take note of the sights and sounds you see and hear. Just be present in the moment without distractions.
- Day 20 – Book yourself a massage/facial/manicure/pedicure* or even have a DIY pamper at home . give yourself a mani/pedi or a facial or all 3!. Use your favourite shower gel/moisturiser in the shower – revel in a little luxury!.
- Day 21 – Colour in* - grab a colouring book and some pencils and just colour in.
- Day 22 – Try some Yoga* – there are a ton of vides on You Tube - check out my favourite - Erin Motz aka Bad Yogi or take a local yoga class.
- Day 23 – Declutter* - get rid of / donate anything that no longer makes you smile. “I’m going to make everything around me Beautiful . That will be my Life “ – Elsie De Wolfe
- Day 24 – Make a Playlist* of favourite songs that instantly boost your mood create it and then turn up the volume and DANCE like no one is watching.
- Day 25 – Take the time to do something you Love* but you don’t often make time for – such as baking or curling up with your book and a cup of tea mid afternoon.
- Day 26 – Try something New!* is there a class or a hobby you have been itching to try?, be brave, and go try it!. “Remember professionals built the Titanic , amateurs built the Ark- never be afraid to try something new”
- Day 27 – Listen to an inspiring Podcast .*
- Day 28 – Meditate* - there are a ton of guided meditations , Gabby Berstein, Bad Yogi both have some on their Youtube channels.

- Day 29 – *Binge Watch* your favourite Tv show boxsets/Netflix/Youtuber
- Day 30 – *Fresh Bed sheets* – so easy, so simple and one of my most favourites – snuggling down in freshly washed sheets at the end of the day!.

I would love to know how you get on – so do pop by and say Hi and tag me in your self Care social media posts.

You can come find on  
Instagram - @littlemisfitjojo,  
Facebook – lilmisfit1

or on my website - [www.littlemis-fit.co.uk](http://www.littlemis-fit.co.uk).  
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