

30-Day Motivation Challenge

This Motivation Challenge is designed to help you grow your motivation one small action at a time over 30 days.

- Day 1: Write your 'why' for recovery.
- Day 2: Drink water before your first beverage.
- Day 3: Step outside for fresh air.
- Day 4: Identify one thing you're proud of.
- Day 5: Practice 5 deep breaths.
- Day 6: Write down one goal for the week.
- Day 7: Attend one meeting or support group.
- Day 8: Declutter one small space.
- Day 9: Message someone you trust.
- Day 10: Choose one healthy meal today.
- Day 11: Do a 5-minute meditation.
- Day 12: Reframe a negative thought.
- Day 13: Celebrate a small win.
- Day 14: Do something creative.
- Day 15: Check in with your emotions.
- Day 16: Review your weekly goals.
- Day 17: Stretch for 5 minutes.
- Day 18: Replace one unhealthy habit.
- Day 19: Write a self-compassion note.
- Day 20: Limit social media.
- Day 21: Use a grounding technique.
- Day 22: List 3 things you're grateful for.
- Day 23: Join a peer support meeting.
- Day 24: Do something that makes you laugh.
- Day 25: Set one healthy boundary.
- Day 26: Reflect on a challenge.
- Day 27: Try a new coping skill.
- Day 28: Visualize your future self.
- Day 29: Honor your resilience.
- Day 30: Review your growth this month.