

30-Day  
*Mental Cleanse  
Challenge*



# 30-DAY

## MENTAL CLEANSE CHALLENGE

|                                                         |                                                          |                                               |                                                                 |                                                              |
|---------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|
| <b>DAY 1</b><br>Write down 2 goals for this challenge   | <b>DAY 2</b><br>Spend time alone and reflect             | <b>DAY 3</b><br>Dabble in a hooby             | <b>DAY 4</b><br>Disconnect from tech for 3 hours                | <b>DAY 5</b><br>Fix something that's been bugging you        |
| <b>DAY 6</b><br>Meditate for 5 minutes                  | <b>DAY 7</b><br>Guided journal prompts for 15 minutes    | <b>DAY 8</b><br>Brain dump for 15 minutes     | <b>DAY 9</b><br>Digital detox: delete, unsubscribe              | <b>DAY 10</b><br>Positive affirmations throughout the day    |
| <b>DAY 11</b><br>Schedule a friend date                 | <b>DAY 12</b><br>Reflect on your struggles and strengths | <b>DAY 13</b><br>Go to bed 30 minutes earlier | <b>DAY 14</b><br>Colour Mandala today                           | <b>DAY 15</b><br>Organize your closet                        |
| <b>DAY 16</b><br>Ask for help when you could use it     | <b>DAY 17</b><br>Avoid complaining for the day           | <b>DAY 18</b><br>Spend a day of gratitude     | <b>DAY 19</b><br>Have a relaxing yoga session                   | <b>DAY 20</b><br>Do something for yourself without guilt     |
| <b>DAY 21</b><br>Genuinely compliment yourself          | <b>DAY 22</b><br>Make a list of your 10 accomplishments  | <b>DAY 23</b><br>Read about a topic you enjoy | <b>DAY 24</b><br>Do something that lets you turn off your brain | <b>DAY 25</b><br>Practice saying no                          |
| <b>DAY 26</b><br>Do something outside your comfort zone | <b>DAY 27</b><br>Open up about something on your mind    | <b>DAY 28</b><br>Set yourself up for therapy  | <b>DAY 29</b><br>Reflect on the month                           | <b>DAY 30</b><br>Choose 3 habits from this challenge to keep |

# DAY 1

WRITE DOWN 2 GOALS FOR THIS  
CHALLENGE

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 2

## SPEND TIME ALONE AND REFLECT

What thoughts you had while spending time alone?

---

---

---

---

---

---

---

Reflect

---

---

---

---

---

---

---

# DAY 3

## DABBLE IN A HOBBY

Write about the hobby you dabbled in:

---

---

---

---

---

---

---

How did it feel?

---

---

---

---

---

---

---

# DAY 4

## DISCONNECT FROM TECH FOR 3 HOURS

What things you did while disconnected?

---

---

---

---

---

---

---

How did it feel afterwards?

---

---

---

---

---

---

---

# DAY 5

## FIX SOMETHING THAT'S BEEN BUGGING YOU

What is the thing that's bugging you?

---

---

---

---

---

---

---

How did you feel after fixing it?

---

---

---

---

---

---

---

# DAY 6

MEDITATE FOR 5 MINUTES

MY MEDITATION GOAL

1

2

3

DATE

MY MEDITATION EXERCISE

TOTAL TIME

# DAY 7

## GUIDED JOURNAL PROMPTS FOR 15 MINUTES

What was the best thing that happened to you today?

---

---

---

---

---

---

---

Who made your day better today?

---

---

---

---

---

---

---

# DAY 8

BRAIN DUMP FOR 15 MINUTES

Reflect

---

---

---

---

---

---

---

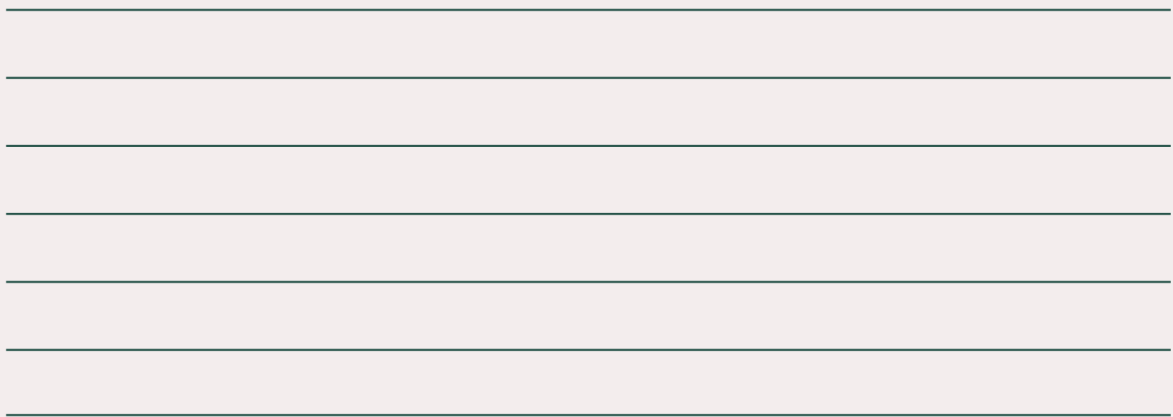
# DAY 9

## DIGITAL DETOX: DELETE, UNSUBSCRIBE

What did you delete/unsubscribe?

Seven light pink circles of various sizes are arranged in a loose, organic pattern. There are two large circles, one on the left and one on the right. In the center, there is a medium-sized circle. Above the center circle is a small circle. Below the center circle is another medium-sized circle. To the left of the center circle is a small circle, and to the right of the center circle is another small circle. The circles are intended for users to write down what they deleted or unsubscribed to.

Reflect

Eight horizontal lines are provided for reflection. They are evenly spaced and extend across the width of the reflection box. The lines are intended for users to write down their thoughts and reflections on the digital detox process.

# DAY 10

## POSITIVE AFFIRMATIONS THROUGHOUT THE DAY

I AM ...

I AM ...

I AM ...

I AM ...

I AM ...

I AM ...

I AM ...

I AM ...

I AM ...

# DAY 11

## SCHEDULE A FRIEND DATE

What things you did with your friend?

---

---

---

---

---

---

---

How did you feel while meeting your friend?

---

---

---

---

---

---

---

# DAY 12

## REFLECT ON YOUR STRUGGLES AND STRENGTHS

Write down your struggles

---

---

---

---

---

---

---

Write down your strengths

---

---

---

---

---

---

---

# DAY 13

**GO TO BED 30 MINUTES EARLIER**

How did it feel to go to be 30 minutes earlier?

---

---

---

---

---

---

---

More thoughts?

---

---

---

---

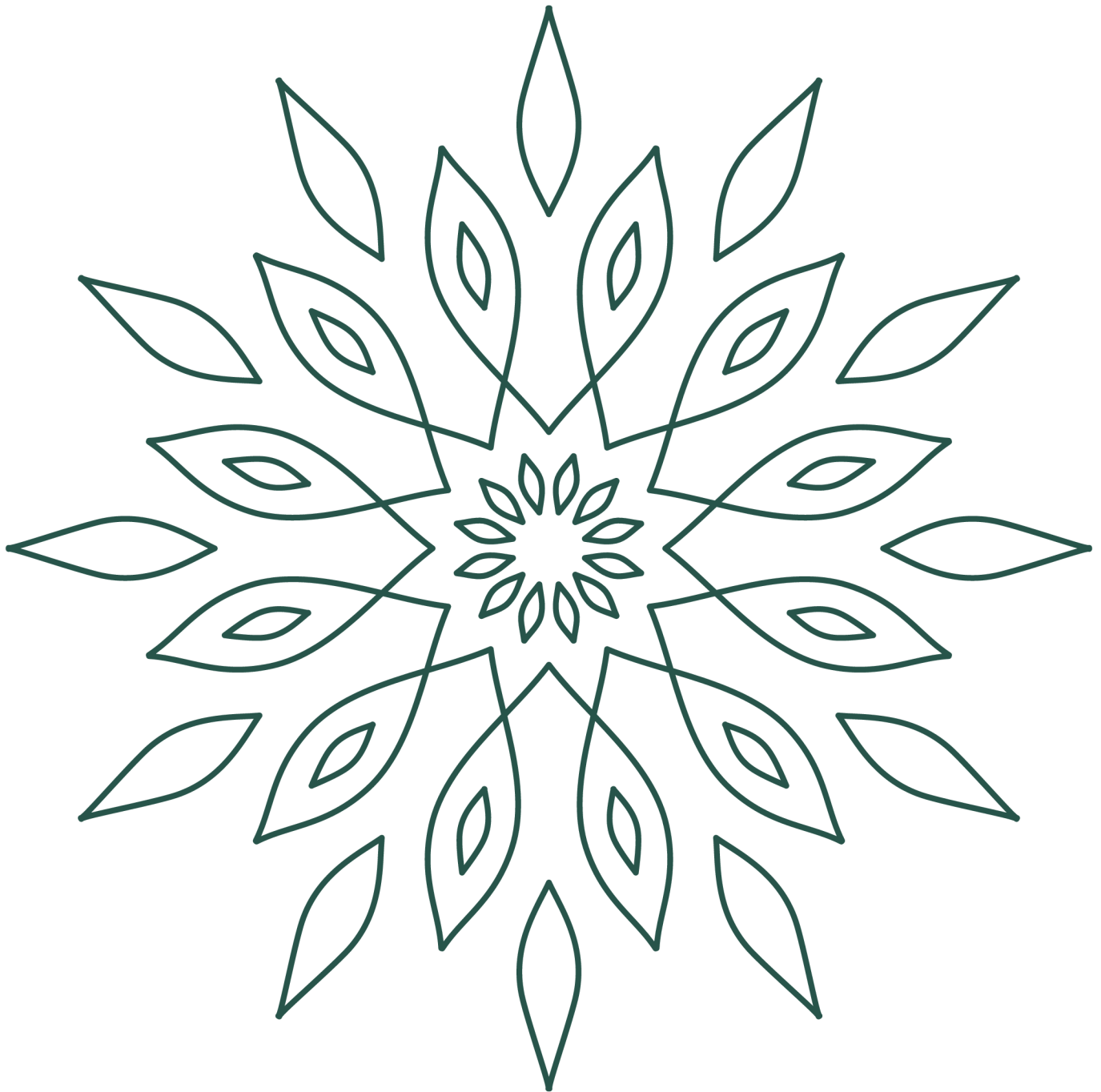
---

---

---

# DAY 14

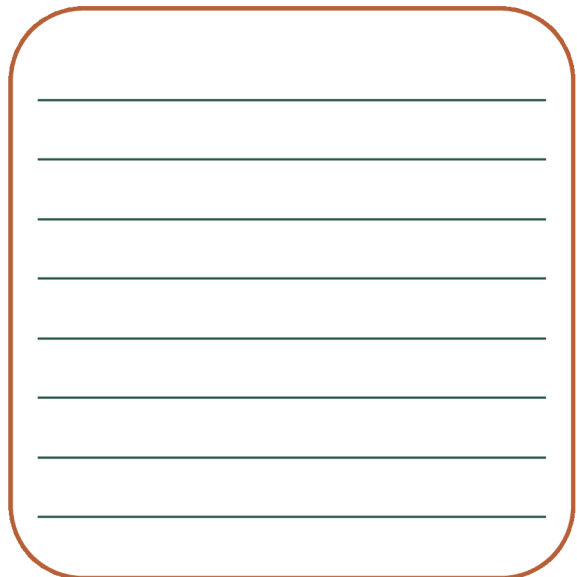
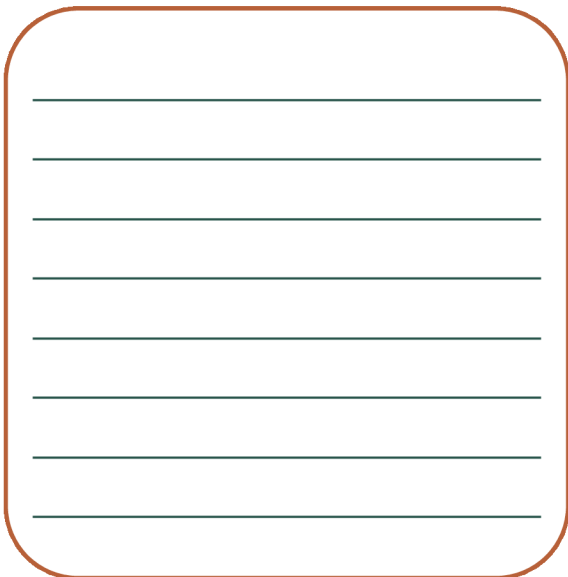
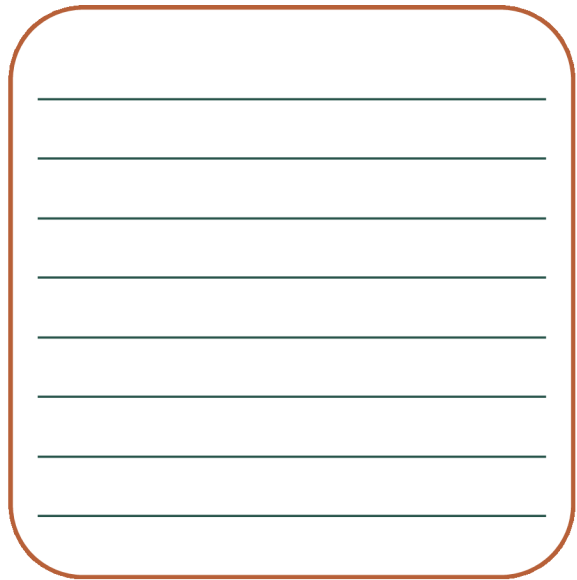
## COLOR MANDALA TODAY



# DAY 15

## ORGANIZE YOUR CLOSET

Write down the things you have to organize



# DAY 16

ASK FOR HELP WHEN YOU COULD  
USE IT

What did you ask for?

---

---

---

---

---

---

---

Reflection

---

---

---

---

---

---

---

## DAY 17

## AVOID COMPLAINING FOR THE DAY

## Reflection

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

# DAY 18

## SPEND A DAY OF GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

# DAY 19

## HAVE A RELAXING YOGA SESSION

TODAY'S DATE

MUSIC

| POSITION/S | TIME | DONE                  |
|------------|------|-----------------------|
|            |      | <input type="radio"/> |
|            |      | <input type="radio"/> |
|            |      | <input type="radio"/> |
|            |      | <input type="radio"/> |
|            |      | <input type="radio"/> |
|            |      | <input type="radio"/> |

GOAL/S FOR TODAY'S YOGA SESSION

# DAY 20

## DO SOMETHING FOR YOURSELF WITHOUT GUILT

What did you do for yourself without guilt?

---

---

---

---

---

---

---

Reflection

---

---

---

---

---

---

---

# DAY 21

## GENUINELY COMPLIMENT YOURSELF

What compliment did you give to yourself?

---

---

---

---

---

---

---

Reflection

---

---

---

---

---

---

---

## DAY 22

## MAKE A LIST OF YOUR 10 ACCOMPLISHMENTS

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

# DAY 23

READ ABOUT A TOPIC YOU ENJOY

What topic did you read today?

---

---

---

---

---

---

---

Reflection

---

---

---

---

---

---

---

# DAY 24

DO SOMETHING THAT LETS YOU  
TURN OFF YOUR BRAIN

What you did you do?

---

---

---

---

---

---

---

Reflection

---

---

---

---

---

---

---

# DAY 25

## PRACTICE SAYING NO

How did you practice it?

---

---

---

---

---

---

---

Reflection

---

---

---

---

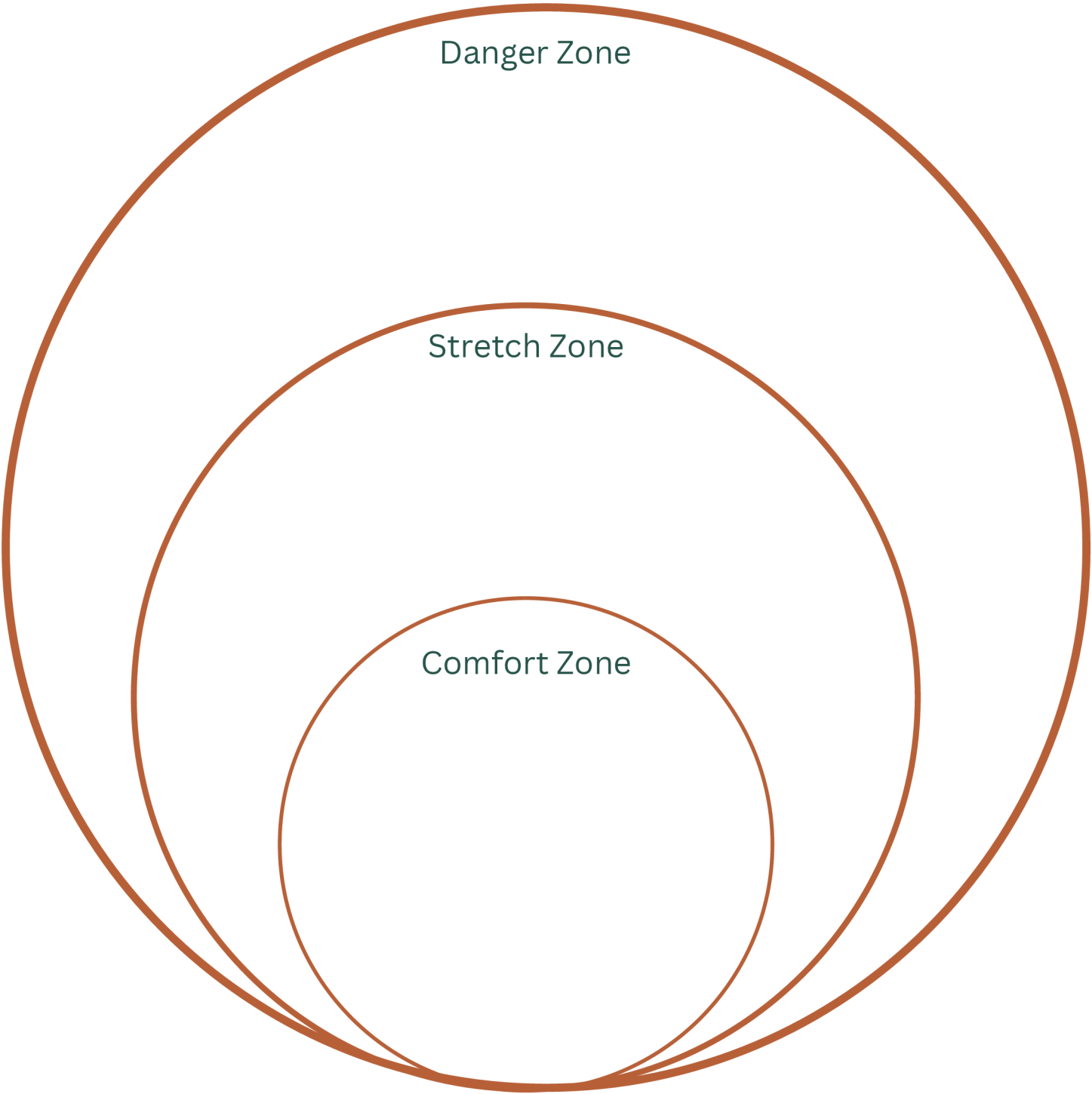
---

---

---

# DAY 26

DO SOMETHING OUTSIDE YOUR  
COMFORT ZONE



Danger Zone

Stretch Zone

Comfort Zone

## DAY 27

# OPEN UP ABOUT SOMETHING ON YOUR MIND

## Reflection

[illegible]

## DAY 28

## SET YOURSELF UP FOR THERAPY

## Reflection

[illegible]

## REFLECT ON THE MONTH

## REFLECT ON THE MONTH

[illegible][illegible]

# DAY 30

CHOOSE 3 HABITS FROM THIS  
CHALLENGE TO KEEP

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# CONGRATULATIONS

# REFLECTION DAY

## How this challenge affected you?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.