

# 7 Day Challenge

Starting a new year often brings a desire for change, growth, and fresh energy. But making lasting progress can feel overwhelming. What if you could take just seven days to reset your mindset, connect more deeply with yourself and others, and open the door to new possibilities? This 7-day challenge offers simple, meaningful steps to help you begin the year with intention and clarity. Each day focuses on a specific activity designed to spark reflection, presence, and courage. You can print this challenge and keep it handy as you move through the week.



# 7 Day Challenge

DAY 1 IMAGINE YOUR DREAM LIFE WITHOUT LIMITS

DAY 2 TAKE A BREAK FROM SCREENS AND MEDIA

DAY 3 MEDITATE

DAY 4 HAVE A MEANINGFUL CONVERSATION

DAY 5 ASK FOR GUIDANCE

DAY 6 STEP OUTSIDE YOUR COMFORT ZONE

DAY 7 SIGN UP FOR A NEW ACTIVITY

# Day One: Imagine Your Dream Life Without Limits

Begin by journaling about your dream life. Write freely about what it looks like if there were no restrictions—no worries about money, time, or other people's opinions.

Describe your ideal day, your surroundings, your relationships, and your feelings. This exercise helps you clarify what truly matters to you and sets a positive tone for the week. Don't censor yourself; let your imagination run wild.

## Because What if...

# VISION BOARD

Spiritual

Mental

Physical

Financial

Career

Skills

Love

Family

Social

## Day Two: Take a Break From Screens and Media

Spend the entire day without social media or television. This can be challenging, but it creates space to reconnect with yourself and those around you. Use this time to be fully present. You might read a book, meditate, organize your space, or simply rest. At the end of the day, journal about your experience. How did it feel to unplug? Note the good, the bad, and any surprises. This reflection deepens your awareness of how media affects your mood and focus.

## Because What if...

## Day Three: Meditate

Set aside at least ten minutes to meditate. I listen to sound bath music or find guided meditations on YouTube... one of my favorites being Gabby Bernstein. The goal is to observe whatever thoughts, feelings, or images arise without judgment. Meditation helps calm the mind and build resilience to stress. If you're new to meditation, start with a simple breath-focused practice. Notice how this quiet time influences your energy and mindset throughout the day.

## Because What if...

# Day Four: Have a Meaningful Conversation

Reach out to someone you don't usually talk to deeply. Ask questions like what they predict for 2026, what they love most about life, or what brings them joy. This conversation can reveal new perspectives and strengthen connections. It also encourages curiosity and empathy.

Afterward, reflect on what you learned and how it affected your view of others and yourself.

## Because What if...

# Day Five: Ask for Guidance

Connect with whatever source of guidance feels right to you—whether that's an angel, spirit, universe, God, or higher power. Ask for insight by saying something like, "Show me what I need to know today." Pay attention to signs, thoughts, or feelings throughout the day. You might also use tools like tarot cards or open a book to a random page to find meaningful messages. Write down your observations and consider how they might guide your next steps.

## Because What if...

# Day Six: Step Outside Your Comfort Zone

Do something today that challenges you or feels unfamiliar. This could be trying a new activity, speaking up in a situation where you usually stay quiet, or facing a fear.

Pushing your boundaries builds confidence and opens doors to growth. Notice how it feels before, during, and after the experience. Journaling about this can help you recognize your courage and resilience.

## Because What if...

# Day Seven: Sign Up for a New Activity

Choose an activity you've been curious about and sign up for it. This might be a pottery class, sound bath, yoga session, retreat, or guided meditation. Committing to something new creates momentum and expands your horizons. It also reinforces the habit of investing in yourself. Reflect on what motivated you to take this step and how it aligns with your dream life. There are many doors to open, you just need to be brave and open the first one :)

## Because What if...

# Day of Reflection

Return to your journal from Day 1 and compare your initial vision with how you feel now. What shifts did you notice in your mindset or emotions? Are there habits or insights you want to carry forward? Even a short, focused challenge like this can spark meaningful change. The key is to keep building on the progress you made, no matter how small it feels.

## Because What if...

# THANK YOU!

