

# 7 Actions to a New and Happier You

## 30 Day Action Plan

<p><u>Day 1</u></p> <p>Create Your Alter Ego ~Define 3 Traits~</p>	<p><u>Day 2</u></p> <p>Visualize Your Future Self (5 Mins)</p>	<p><u>Day 3</u></p> <p>Declutter 1 Area (Room Or Digital Space)</p>	<p><u>Day 4</u></p> <p>Practice 1 Trait From Alter Ego</p>	<p><u>Day 5</u></p> <p>Visualize + Declutter A Drawer Or Desktop</p>	<p><u>Day 6</u></p> <p>List 3 Habits To Change And Choose 1 To Begin</p>	<p><u>Day 7</u></p> <p>Review And Reflect On First Week Progress</p>
<p><u>Day 8</u></p> <p>Try A Small Appearance Update (E.G., Hair, Outfit)</p>	<p><u>Day 9</u></p> <p>Track Your Expenses For The Day</p>	<p><u>Day 10</u></p> <p>Identify 1 Expense To Cut</p>	<p><u>Day 11</u></p> <p>Set A Small Savings Goal</p>	<p><u>Day 12</u></p> <p>Practice 1 New Behavior Publicly</p>	<p><u>Day 13</u></p> <p>Visualize Your Confident Self + Act It Out</p>	<p><u>Day 14</u></p> <p>Review And Reflect On Second Week Progress</p>
<p><u>Day 15</u></p> <p>Journal For 10 Mins: What Do I Want Right Now?</p>	<p><u>Day 16</u></p> <p>List 3 People Who Uplift You</p>	<p><u>Day 17</u></p> <p>Reach Out To 1 Supporter With An Update</p>	<p><u>Day 18</u></p> <p>Limit Interaction With 1 Negative Influence</p>	<p><u>Day 19</u></p> <p>Track Spending Again + Reflect On Changes</p>	<p><u>Day 20</u></p> <p>Revisit Your Alter Ego Visualization</p>	<p><u>Day 21</u></p> <p>Review And Reflect On Third Week Progress</p>
<p><u>Day 22</u></p> <p>Write Down 3 Long-term Dreams</p>	<p><u>Day 23</u></p> <p>Break 1 Dream Into Smaller Goals</p>	<p><u>Day 24</u></p> <p>List 1 Action Step For Each Goal</p>	<p><u>Day 25</u></p> <p>Commit To 1 Habit For Next Month</p>	<p><u>Day 26</u></p> <p>Track How Your Mindset Has Changed</p>	<p><u>Day 27</u></p> <p>Write A Letter To Your Future Self</p>	<p><u>Day 28</u></p> <p>Celebrate Progress + Create Ongoing Routine</p>
<p><u>Day 29</u></p> <p>Reflect On Your Journey And Reinforce Your New Habits</p>	<p><u>Day 30</u></p> <p>Reflect On Your Journey And Reinforce Your New Habits</p>					