

The 30-Day Journaling Challenge

Welcome to The Sweet Setup's 30-Day Journaling Challenge!

While you don't *have* to use Day One for the 30-Day Journaling Challenge, we have designed it with Day One in mind.

Over the next 30 days, we will cover many of the benefits and suggested uses of a journal which we outlined in your copy of *Day One In Depth*. Additionally, we've designed many of the following challenges to incorporate a specific feature of Day One (such as photography, location tagging, Publish, etc.)

You can print this PDF out and put it on your refrigerator, office wall, bathroom mirror, or wherever.

You'll see that each day has a check box next to it, so you can mark your progress.

We also suggest you create a new tag for your Day One:

#30DayChallenge

Day 1**Why do you want to keep a journal?**

What gave you the idea in the first place? What do you hope to get out of it? How do you think it will help you, mentally or emotionally?

Day 2**Describe a goal or project you've had in mind but keep putting off.**

List all the reasons you have been procrastinating on doing this thing, then separately list all the concrete benefits you would see in your life if the thing actually got done. You don't necessarily have to take action on any of this information right now, unless you suddenly feel like doing so.

Day 3**When you were a kid, what did you want to be when you grew up?**

Are you doing anything like that today? What would your 9-year-old self think of you now?

Alternative: If you're reading this and are a kid, write about what you'd like to be when you grow up, and why.

Day 4**Where do you see yourself in ten years?**

Today, we look to the future. What do you hope you will be doing, and what will you have accomplished by then? Try listing five steps you could take *today* to make that dream a reality.

Day 5**What is your current favorite food recipe to make?**

We've written about some big topics and ideas so far. Today we're going to keep it relaxed. Where did you find your current favorite recipe? Was it passed down from an old relative, or did you happen upon it because it was the first search result on Google? Do you have any fond memories associated with it?

Alternative: If you're not the cooking type, write about your absolute favorite thing to eat and why you think it's great. Alternatively: If you had to choose a last meal, what would it be?

Day 6**If you could communicate with your teenage self, what would you say?**

What would you encourage them to do, or warn them to avoid? Would they be proud of where you are today? What, if anything, would you encourage yourself to do differently?

Day 7**What has been your biggest challenge with journaling so far this past week?**

You are now one full week into your 30-day journaling challenge. Has it turned out easier than you expected? More difficult? What, if anything, has been a hurdle for you? What have you learned already?

Day 8**Write down 5 ideas.**

Five ideas about anything. Ice Cream flavors that haven't been invented yet; places you'd love to travel; books that should never be made into movies; movies that would be better as a TV series; if you had quintuplets, what would you name them?

Day 9**What book or magazine are you currently reading?**

Give as many details as you can. Where did you get the book / magazine? Take a photo of the cover, or of a page inside that has a quote you love. Who wrote it? Who do you know that would love to read it after you're done?

Day 10**Make a list of ten things that usually make you smile.**

In celebration of reaching Day 10, what are ten things that bring you joy? You're already one-third of the way through this challenge — so there's at least one right there.

Day 11**Make a list of ten simple things you could do to make somebody else smile.**

Building off of yesterday's challenge, now list out ten things you could do that would bring joy to someone else. They could be ten different things for just one person, or ten unique things for ten unique people.

Day 12**What was one high and one low point of your day today?**

Something awesome, special, or funny? Something difficult, awkward, or saddening?

Day 13**What is a project you're working on right now?**

Who's it for? Why are you doing it? What's exciting about it? What's the next action you need to take to move the project forward?

Day 14**Take a photograph using Day One.**

Take a photo of the place you're at and/or who you're with right now. Go outside and take a photograph of the first thing you see. Going somewhere later? Then set a reminder to take the photo then.

Day 15**Share a quote, idea, or story using Day One's Publish.**

What is a quote or story that has always inspired you? What's an idea you're thinking about right now? Just something simple; jot it down and then share it using Day One's Publish feature.

Day 16**What was the last film you watched?**

Would you recommend this film? Why or why not? Who, if anyone, did you watch it with, and where? Did anything memorable happen just before or after watching the film?

Day 17**What are you thankful for?**

Be as serious or silly as you want. Whether you're thankful for your friends and family or for the existence of air conditioning, write it down.

Day 18**What's your favorite movie?**

What do you enjoy so much about it? Is it a *good/good* movie or a *bad/good* one? What do you think of the casting? Did any actors in the film surprise you with their performance? Who is your favorite person/group to watch it with?

Day 19**What is one thing you learned from the last book or magazine you read?**

Sometimes we learn unexpected things from books and magazines we read. It doesn't have to be a big life lesson. How about an interesting turn of phrase? A new word? A new perspective on a topic you thought you knew everything about?

Day 20**What are your plans for tomorrow?**

Even if you expect tomorrow to be boring, list all the things you intend to get done. Even if it's "cook bacon and eggs for breakfast" or "call mom," write it down. What is something you've been putting off but could easily do tomorrow?

Day 21**What's your life story in 500 words or less?**

Short and sweet. Imagine if you had to tell someone your life story in just 4 minutes. It's almost more about what you leave out than what you put in...

Day 22**When did you last cry in front of another person? By yourself?**

Be completely honest here. This journal is your safe space. Everyone cries at some point — some more than others. What caused you to cry last?

Day 23**Take a selfie!**

Seriously. Either a front-facing camera selfie or one using a mirror. Have fun; don't be shy.

**Day 24****What is the top idea in your mind right now?**

Take a moment to relax. Let your mind rest. What is it that comes to mind? What's the idea that you keep thinking about when taking a shower in the morning or when doing the dishes in the evening?

**Day 25****What is your favorite song right now?**

Is it your favorite because you like dancing to it? Or because it brings up certain emotions within you? Are the lyrics profound or simply funny? Bonus points if you embed the music video.

**Day 26****Look around, what's something that catches your eye?**

What interests you about this thing? Does it have an interesting color, pattern, or design feature to it? If it's a person rather than an object, is it something about their physical appearance that grabs your attention?

**Day 27****Add an older photo that's in your iPhone's Camera Roll to Day One.**

Scroll through your iPhone's camera roll to a photo you took at least 30 days ago, if not six months to a year ago. Add that photo to Day One, and write down what (if anything) you remember about the photo.

**Day 28****Write a one-sentence book review.**

It doesn't even have to be about a book you love. Pick a book, and sum up your thoughts in just one sentence. Bonus points for taking a photo of the book cover to your entry. Now, share your review via Publish.

**Day 29****Save a compliment from someone else.**

Scroll through your text messages, emails, social media pages, etc. and find a kind or encouraging compliment someone wrote to you or about you. Copy and paste what they wrote into your Day One journal. How did it make you feel and why? Bonus: If possible, find a way to compliment them back or thank them for the kind words.

**Day 30****Capture something inspirational.**

Today, be on the lookout for something inspirational. It could be a quote you read, something you see, a conversation you have... anything. When inspiration shows up, capture it in your Day One. You can either write it down or take a photo.