

BECOME THE BEST YOU

Walktober Bonus Challenges

"We are all born with an innate desire to become better. Then life happens. The list of things we'd like to do better is very long, and we have so much going on that we settle for merely good enough. As we struggle to keep up with life, we tell ourselves that we are doing the best we can. In reality, we become stagnant, always striving for more but progressing toward better at a very slow rate- mildly disappointed that we are not fulfilling our inner desire to progress.

It doesn't have to be that way. You can become better at a quicker pace and keep up with life at the same time. In fact, you actually need the rigors of life to make this pursuit possible. The solution lies in listening to your thoughts and impressions and then submitting to what your heart tells you. However, this is much easier said than done.

Ask yourself what is one thing you need to work on to become a better person. Sometimes meditation can help to clear your mind so you can see more clearly. Other times you may get the answer to this question when you are going full speed in life. The trick is discerning between the right answer and random thoughts. If you find yourself forcing an idea or thinking it through logically repeatedly, you may be on the wrong track. Conversely, if you feel at peace with the idea, like it just fits, then you're probably on the right track.

Next, turn that improvement idea into a challenge. Always listen to your heart. It will let you know where to start. When you craft your challenge, it should have some key elements. It should be simple, achievable, clearly defined, encouraged daily activity, allow for exceptions, have a set duration, and be trackable.

Complete your challenge and then repeat the process. Your heart may tell you to keep working on the same thing or to move on to something else. Over time you will find yourself progressing at lightning speed. Initially the things your heart tells you to work on may not make sense, but eventually they will weave together to make you a new, happier person- and a much more powerful force for good in the world."

- *Tad Mitchell*

Make building positive habits fun with these 5 Bonus Challenges brought to you by *Well Right*.

1. Priority Plan: *Set personal Goals*

The priority plan challenge invites you to set personal goals for the upcoming year. Many people do this in January, but you can do it anytime of the year. Consider setting goals for each area of your life: personal, family, work, health, mental, social, etc. Don't go overboard- choose realistic, achievable goals. Create goals that are measurable so it will be clear when you've achieved them. As you complete each goal, record it where you can keep track of them, like in your planner or on your desk.

Setting specific personal goals will help you focus your energy and time to accomplish what is most important and will bring definition and purpose to your life. Writing them down will greatly increase the chance they will happen. When you actually accomplish your goals, you will have greater confidence and personal satisfaction that may propel you to even higher levels. So, what are your goals?



2. 30 Day: Give up something for 30 days

The 30 Day Challenge invites you to give up something for 30 out of the next 35 days- you get five exception days. The best part of this challenge is that you get to pick what you will give up. Choose something that is meaningful to you, something you may want to cut back on long term, or even cease entirely.

Too often our bodies control our spirits and minds. Hunger, fatigue, emotions, and cravings lead us to indulge in things that may not be good for us. Turn this tendency around and gain control of your body! Choose something that you know you can give up successfully, even if it seems like a tiny change. Small habit changes can springboard a process of shifting other patterns in our lives, leading to better health and greater happiness. It is empowering to be in control and realize your capability to accomplish great things!

love

\luv\ noun:

Giving up the last
piece of cake,
no matter how
much you want it.

3. Double Dare: *Try 2 new things*

The Double Dare Challenge invites you to try two new things during the next 30 days. Try a new food, like octopus. Go to the opera. Volunteer at a shelter. Go rock climbing. Change your hairstyle. Write a letter to your senator. Sing at an open mic night. There are so many options. What will you choose? Make it something that is personally challenging. The more you put yourself out there, the more meaningful and memorable the experience will be.

Trying new things forces you to grow and expand your interests. It's difficult to break out of familiar routines, but this can be an opportunity to meet new people or increase your passion about one of your current interests. This challenge will give you the opportunity to try something new, build self-confidence, open your mind, and fuel creativity. Perhaps you will overcome a fear, participate more in your community, or find a new hobby to enjoy. Trying something new can be intimidating, but you just might find something you really like that you never knew about.



4. Good reception: *No television*

The Good Reception Challenge invites you to limit TV watching and instead tune into yourself for the next 30 days. For the full experience, turn off your TV for 30 consecutive days. If that's too extreme for you, limit your TV viewing to a single program, a certain length of time, or only on weekends. Remember, this is a challenge! You'll find plenty of free time on your hands-fill it with something you've wanted to do for a long time.

Excessive TV watching can lead to obesity, social exclusion, and sleeping difficulties, similar to drug addiction. TV provides an escape from reality to enjoy a fantasy world that's free from problems. Letting go of this TV "fix" may not be easy at first, but once you find something valuable to do in its place, you'll wonder why you ever spent so much time watching TV before.



5. Great Start: *Make your bed*

The Great Start Challenge invites you to begin your day with a success-making your bed- for 25 out of the next 30 days. There's no need to go crazy and achieve military bed making standards. Fluff your pillows, pull up your sheets and bedspread, and tuck in any loose ends. You can make your bed in less than 60 seconds. If you wake up earlier than your sleeping partner, you can still gently straighten your side of the bed without any disruption.

Making your bed in the morning establishes a pattern of productivity and order that will transcend into other parts of our life. Order begets order, and success breeds success. Even though making your bed may seem pointless-since you're just going to get back in and mess it up later on- the impact to your life can be powerful and positive! Give yourself the gift of success each morning, as well as a tidy and more peaceful home environment to return to at the end of each day.

