



30-Day Challenge Habits of Successful People for your Success

1 Meditation	2 Take a steam shower	3 Spend time with loved ones	4 Gratitude	5 Remind yourself of your dreams
6 Eliminate unnecessary decisions	7 Exercise in the afternoon	8 Focus on one task at a time	9 Record daily successes, frustrations	10 Keep workspace organized
11 Rise early	12 Kindness	13 Unplug from devices	14 8 hours of sleep	15 Prayer
16 Intermittent fasting	17 Read daily	18 Eating fruits and vegetables	19 Living judgment free	20 Practice yoga
21 Decompress at night	22 Take classes you enjoy	23 Retreat	24 Gardening	25 Accomplish small goals
26 Know what you want	27 Exercise with friends	28 Facing fears	29 Time management	30 Visualization



For more 30-day challenges and a Free Wellness Test, visit SunInMe.org

