

# Steph Paser

JUST ANOTHER MUMMY BLOG

2020

## GET MOTIVATED Challenge

1  Write down your monthly goals	2  Write down steps to achieve these goals	3  Buy a new inspiring book /audiobook	4  Go for a walk	5  Have an early night	6  Do a task you have been putting off
7  Research some new healthy recipes	8  Create a vision board	9  Get up 20 mins earlier to write a to-do list	10  Cook a new healthy recipe	11  Open all of your blinds	12  Write down 3 things you are grateful for
13  Try a new gym class/home workout	14  Get outdoors	15  Listen to a motivating podcast	16  Get up 30 minutes earlier this week	17  Start each day with your to-do list	18  Stretch before bed
19  Read a book before bed instead of scrolling	20  Go see a friend	21  Do some yoga	22  Write down 3 things you are proud of	23  Drink 2-3L of water every day this week	24  Phone down an hour before bed
25  Listen to music today	26  Eat extra greens over the next few days	27  Go for a long walk outdoors	28  Buy some flowers	29  Take a long bath or shower	30 <i>You did it!!</i> Time to smash some goals!!