Back to Productivity
30 DAY CHALLENGE

DAY 1
Make your bed first thing in the morning.

DAY 2
Take 30 extra seconds to wipe down the microwave after you use it.

DAY 3
Start blocking your time by setting up a block schedule.

DAY 4
Learn how to say NO politely & drop something from your calendar.

DAY 5
Lay out your clothes for the next day.

DAY 6
Set a timer for 15 minutes and go through your stack of mail.

DAY 7
Hack your laundry system! Sorting, folding—improve your process!

DAY 8
Have a planning meeting to review the calendar.

DAY 9
Create a space for backpacks and school supplies.

DAY 10
Set a timer for 15 minutes, clear your head with a quick brain dump.

DAY 11
Never leave a room empty-handed.

DAY 12
Clean out the pantry & stock with easy, healthy snacks.

DAY 13
Schedule some time for YOU!

DAY 14
Set a timer for 15 minutes and speed clean your kitchen.

DAY 15
Start your morning by meditating, reading, or prayer.

DAY 16
Plan your meals for the week.

DAY 17
Implement a system to manage a pain point.

DAY 18
Set alarms in your phone to help you move from task to task.

DAY 19
Create a cleaning schedule or chore system.

DAY 20
Pair two mundane tasks—fold laundry and watch your fav tv show.

DAY 21
Get 8 full hours of sleep one night!

DAY 22
Make a large batch of breakfast to last the whole week.

DAY 23
Write in your to-do book to keep your mind sharp!

DAY 24
Set a timer for 15 minutes and choose a space to organize.

DAY 25
Automate one of your daily or weekly tasks.

DAY 26
Double and freeze lunches, dinners, snacks, & more.

DAY 27
Wipe down the counter while you brush your teeth.

DAY 28
Unplug at 8pm and relax.

DAY 29
Set a timer for 15 minutes and blitz clean with the whole family.

DAY 30
Check out Productivity Boot Camp for more life secrets to boost your productivity!