

# 100 DAY CHALLENGE

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## THINGS TO DO FOR 100 DAYS

- 1. Daily Journaling:** Spend 10 minutes each day reflecting on your experiences, thoughts, and feelings. This can help clarify your goals and track your progress.
- 2. Reading Challenge:** Commit to reading one personal development or professional growth book each week. Aim for both fiction and non-fiction to broaden your perspectives.
- 3. Morning Prayer:** Establish a consistent morning routine where you start your day with God by reading the word and praying.
- 4. Networking:** Reach out to one new person each day in your industry or personal interest. This can lead to valuable connections and insights.
- 5. Skill Development:** Dedicate time each day to learn a new skill online through platforms like Coursera, Udemy, or LinkedIn Learning.
- 6. Exercise:** Embed physical activity into your daily life. Whether it's a walk, gym workout, or yoga, focus on maintaining an active lifestyle.
- 7. Gratitude List:** Write down three things you are grateful for each day. This practice can enhance your outlook on life and promote a positive mindset.



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**8. Daily Affirmations:** Start each day by reciting positive affirmations to boost your self-esteem and motivation.

**9. Podcast Listening:** Listen to a personal development podcast each day during your commute or while exercising for inspiration and new ideas.

**10. Explore New Hobbies:** Dedicate time each week to exploring a new hobby, such as painting, knitting, or photography, to foster creativity.

**11. Drink 2L of water.** Replace sodas or other sugary drinks with water and drinking a glass before each meal.