



„This was exactly what my life needed at the RIGHT time.” - Isa N

THE 30 DAYS OF YOU

CHALLENGE

HOW TO DISCOVER YOUR SELF

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A note from author

This Challenge Helped Build An Entire Documentary!

This Can Shift Your Life



Before we jump into the challenge I want to tell a quick story!

One summer afternoon in 2012 I was sitting and doing some writing on CE when suddenly I thought to myself „when was the last time I sat down and reflected on things going on in my life?“ I felt like I may not have been paying attention

entirely to certain things that were going on in my life. I was great at remaining mindful about living day to day, but was I fully exploring myself when things got busy? Was I allowing myself to unlock and express the true and full version of myself? Could I tap into a deeper layer of creativity that I wasn't hitting?

As these questions and thoughts passed through my mind I decided to do something about it. I thought „why don't I challenge myself to do something that would in a sense force me to reflect on things? I knew it would be for my own benefit anyway so it wasn't like it was a bad thing.

How much time do I need to do this challenge? How often should I do it? What should I do during this challenge? These questions led to the challenge you are

about to jump into! I figured I needed about 30 days to fully feel out how this was going to work and I was going to dedicate 1 hour a day to the challenge.

So I set some guidelines for myself (which we'll get into below) and I got started. What came of this challenge was quite powerful.

I started with journaling. For one hour each day for the first 3 days I literally just journaled out my thoughts. I would sit on my bed, in a quiet room, no music or anything and I would write out how I was feeling, what my thoughts were and I explored what was going on in my life.

The first 3 days were an awesome reflective time and I was able to figure out several things about how I was feeling. But then came a huge burst of creativity. I was working on producing and writing my third feature documentary and I was kind of at a road block with it. I felt a little „off” about exactly how the content would come together and I was a bit concerned about that. Then on my fourth day of this challenge CE3 (the documentary) started to take form in a big way.

For the next 5 days I would spend my hour smashing out what would become the most powerful and successful documentary I've made to date and at the end of the day it all came very quickly from a challenge where I was able to unlock levels of knowledge and creativity that can sometimes be hard to access when you are simply engaged in every day life tasks.

Don't get me wrong, you can get great spurts of creativity at the most random times, but for my mind, body and spirit, this challenge was like an agreement to make this creativity come alive at a time when I was ready to put it all onto paper.

Of course this challenge can be used for much more than just creativity, but I wanted to share that story to give you an indication of what taking time for yourself can unlock in you.

The Challenge

Are You Ready To Explore Yourself?

As we go through life things can be very busy. We have jobs, families, friends, hobbies and every day tasks that can sometimes take away from our ability to really nurture and explore ourselves.

I believe spending time with and exploring yourself on many levels is something we should be taught when we are young yet it's completely overlooked and I believe for that reason many of us never reach our full potential, live a great lifestyle or find out what we truly love in life.

Now I'm not all about results based potential where we're striving for things and accomplishments to feel good about ourselves. No. I'm talking about potential in the sense of understanding and living the reason why we are here on the planet. Exploring the gifts you have within you and unlocking your creativity and expression in a way that lights you up. This is what's important to me and what this challenge is all about.

The benefits of this challenge are undeniable. You will learn a lot about yourself, it will help you discover what is important to you, it will bring you back to being present and will help you have great mental and spiritual clarity.

How To Do The Challenge

For the next 30 days spend 1 hour each day geared towards YOU.

These guidelines will help make sure this time is spent truly with yourself and not filled with distractions.

It must be one full hour. Try not to cut corners by counting your morning shower, teeth brushing and cereal eating as your hour. The hour should be at a point in the day where it truly feels like you are taking time out for yourself.

Things You Can Do

Writing
Meditation/Self reflection
Walking or exercising (no music!)
Something you love (example: for me it was training for baseball)
Anything else that you can do alone with little distraction

Things You Can't Do

No TV, Music, Movies or Games
Avoid being with people (sounds weird I know, but it's YOU time.)
As little distractions as possible
No napping during this hour

The overall goal is quite simple: spend more time with just YOURSELF. Some might call this facing yourself, or simply taking some time for YOU.

Some Ideas For Things To Do

Journaling Topics

If you are looking for some journaling topics, think about reflecting on events that happened during your day or decisions you might have to make shortly. Reflect on how you might feel about something or perhaps bring up a fear you might have. The idea is to explore YOU and what you have going on inside.

One thing that can be very helpful is to journal about your experience with the hour each day. By the end you can reflect back and see how things might have changed as the month went on.

Don't judge what you write, challenge yourself to be open and put it all out there! There is no wrong answer when it comes to what you can journal about.

Something You Love

When it comes to the "Something you love" option, try to make it something other than just a movie, video game, or TV. Try something new, play guitar, do some knitting, try a hobby you love, pet your cat or dog!

Stick To It!

Just like I did, you will likely notice some great benefits from doing this for the month. It's a great reflective space to work through various challenges you might be having. It's also a great time to start doing something you've always wanted to do.

You may also find out a lot about yourself that is hidden just beneath the surface, but don't be afraid of this! It's very empowering.

Have fun!