



Your First Seven Guardian Challenges

Welcome, Guardian

Congratulations on completing your first seven days as a Seeker.

Now your journey continues.

These first Guardian Challenges are designed to be simple, enjoyable and achievable. They aren't about perfection—they're about building habits that make a real difference.

Complete one challenge each day.

Take a photo if you wish.

Reflect on how it made you feel.

Most importantly, enjoy making the world a little better.



Day 1 — Brighten Someone's Day

Perform one unexpected act of kindness.

Ideas include:

- Smile at someone.
- Hold a door open.
- Thank a shop worker.
- Buy someone a coffee.
- Leave a positive note for a colleague.

Guardian Reflection

How did your kindness affect the other person—and you?



Day 2 — Leave No Trace

Leave one place cleaner than you found it.

Ideas include:

- Pick up litter during a walk.
- Remove rubbish from a local park.
- Clean a public bench.
- Recycle items correctly.

Guardian Reflection

How did your actions improve your community?



Day 3 — Help Wildlife

Do one small thing for nature.

Ideas include:

- Fill a bird bath.
- Put out fresh water for wildlife.
- Plant flowers for pollinators.
- Leave part of your garden wild.
- Pick up plastic that could harm animals.

Guardian Reflection

Which wildlife might benefit from your action?



Day 4 — Encourage Someone

Help another person believe in themselves.

Ideas include:

- Give a genuine compliment.
- Encourage a child.
- Thank a teacher.
- Praise a colleague.
- Call someone who may feel lonely.

Guardian Reflection

How can encouragement change a person's future?



Day 5 — Seek Truth

Spend 30 minutes learning something new.

Ideas include:

- Read a book.
- Watch an educational documentary.
- Learn about local wildlife.
- Explore a different culture.
- Read both sides of an important issue.

Guardian Reflection

What surprised you today?



Day 6 — Care for Your Community

Support your local community.

Ideas include:

- Shop at an independent business.
- Donate food to a food bank.
- Volunteer for an hour.
- Thank an emergency worker.
- Help a neighbour with a task.

Guardian Reflection

How do stronger communities improve everyone's lives?



Day 7 — Inspire Someone Else

Share your Guardian journey.

Ideas include:

- Tell a friend about The Hidden Seven.
- Invite someone to complete a Guardian Challenge.
- Share your favourite act of kindness.
- Encourage someone to leave the world better than they found it.
- Simply lead by example.

Guardian Reflection

Who might become a Guardian because of your actions?



Congratulations!

You have now completed your **First Seven Guardian Challenges**.

You have helped people.

Supported your community.

Protected nature.

Learned something new.

And inspired others through your actions.

These may seem like small steps.

But every great journey is built one step at a time.

Remember:

The goal isn't to complete a challenge.

The goal is to become the kind of person who naturally leaves the world better than they found it.

Thank you for choosing to be a Guardian.

Together, we carry the Light.

When you have done download your badge

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