

30-DAY Level Up CHALLENGE™


You don't have to be perfect.
You just have to start!

BECOME THE BEST VERSION OF YOU™

Small daily actions. Big future results.
30 days to build habits, boost confidence,
and create the life you dream about!



LEVEL UP IN:

 CONFIDENCE

 GROWTH

 GOALS

 MONEY

 RELATIONSHIPS

 MINDSET



DREAM BIG.
SET GOALS.



TAKE DAILY
ACTION.



BUILD GOOD
HABITS.



BELIEVE IN
YOURSELF.



CREATE YOUR
FUTURE.

30 DAYS TO A BETTER YOU. A BRIGHTER FUTURE.



30-DAY



Level Up CHALLENGE™

DAILY CHALLENGES • SMALL STEPS • BIG CHANGE

Small daily actions.
Big future results!

Complete the daily challenges. Check them off. Level up your life!



1. MINDSET LEVEL UP

- Read 10 minutes
- Learn something new
- Write down one goal
- Replace one negative thought with a positive one
- Practice gratitude



TIP: Your mindset shapes your future.



2. CONFIDENCE LEVEL UP

- Introduce yourself to someone new
- Try something new
- Speak up once
- Celebrate a win
- Stop comparing yourself to others



TIP: Confidence grows when you step outside your comfort zone.



3. GOALS LEVEL UP

- Write down 3 goals
- Break one goal into small steps
- Work on one goal today
- Stay focused – no distractions for 20 minutes
- Imagine your future self succeeding



TIP: A goal without a plan is just a wish.



4. MONEY LEVEL UP

- Track your spending
- Save a little (any amount!)
- Learn about money
- Find one way to earn money
- Make a smart money choice



TIP: Smart money habits today = freedom tomorrow.



5. RELATIONSHIPS LEVEL UP

- Be kind to someone
- Thank someone
- Listen without interrupting
- Help someone
- Spend quality time with someone you care about



TIP: Strong relationships create a strong life.



6. GROWTH LEVEL UP

- Step out of your comfort zone
- Ask a question
- Make a mistake and learn
- Reflect on your day
- Keep going – don't give up!



TIP: Growth happens when you keep showing up.

YOU'VE GOT THIS!

- Start small.
- Stay consistent.
- Keep going.
- Never quit.

YOU ARE LEVELING UP!



WEEKLY PROGRESS TRACKER

WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
FINISH STRONG!	29	30					

"The best project you'll ever work on is **YOU!**"



30 DAYS. 6 AREAS. 1 BETTER YOU. A BRIGHTER FUTURE.

LET'S GO!



30-DAY



Level Up CHALLENGE™



FUTURE ME PLANNER

Dream it.
Plan it.
Become it!



Take time to imagine your future and plan the steps that will help you get there!

1 WHERE DO I WANT TO BE IN 1 YEAR?

Be specific! Think big!

2 WHAT HABITS DO I WANT TO BUILD?

Good habits = a great future!

3 WHAT SKILLS DO I WANT TO LEARN?

New skills open doors!

4 WHAT AM I MOST PROUD OF?

Celebrate how far you've come!

5 MY NEXT BIG GOAL IS:

Write it down. Make it real!

6 3 ACTION STEPS I CAN TAKE NOW:

Small steps = big change!

1.

2.

3.



REMEMBER:

- ✓ You don't have to have it all figured out.
- ✓ Every step you take today brings you closer to your dreams.
- ✓ Your future is in your hands.
- ✓ Stay focused. Stay positive.
- ✓ You've got this!



YOU ARE
CAPABLE OF
AMAZING
THINGS!



PLAN TODAY. WORK DAILY. LEVEL UP ALWAYS.



30-DAY

Level Up CHALLENGE

YOU DID IT!

You showed up for yourself for 30 days. You took action, built habits, and leveled up in so many ways. We are so proud of you!

LEVEL UP CHAMPION!

This certifies that

_____ has successfully completed the
30-DAY LEVEL UP CHALLENGE™

and committed to becoming
 the best version of themselves!

Date: _____



Signature: _____

30-DAY COMPLETION TRACKER

★ WEEK 1
DAYS 1-7



★ WEEK 2
DAYS 8-14



★ WEEK 3
DAYS 15-21



★ WEEK 4
DAYS 22-28



★ FINISH STRONG!
DAYS 29-30



WHAT'S NEXT?



KEEP GROWING
Keep learning and explore new opportunities.



CHASE YOUR GOALS
Stay focused and take action every single day.



NEVER GIVE UP
Challenges help you grow stronger and closer to your dreams.



INSPIRE OTHERS
Share your journey and encourage someone else!

I DID IT!

**ONE CHALLENGE.
30 DAYS.
A BETTER YOU.
A BRIGHTER FUTURE.**

You didn't just complete a challenge—you leveled up your life!

★ THE BEST IS YET TO COME. KEEP GOING, KEEP GROWING, KEEP LEVELING UP!

⇒ YOU ARE YOUR BEST PROJECT! PROUD OF YOU! ⇐



30-DAY



Plan for your future.
Create your reality!



Level Up CHALLENGE™

FUTURE ME PLANNER

Dream it. Plan it. Take action. Your future is yours to build!




 **WHERE DO I WANT TO BE IN 1 YEAR?**

Think big! What do you want your life to look like?

 **WHAT HABITS DO I WANT TO BUILD?**


What daily or weekly habits will help you become your best self?

 **WHAT SKILLS DO I WANT TO LEARN?**


What skills will help you reach your goals and create more opportunities?

 **WHAT AM I MOST PROUD OF?**

Think about your wins—big or small! You're doing better than you think.


 **MY NEXT BIG GOAL:**

Write your next big goal and why it matters to you.




REMEMBER:

- ✓ Your future is created by what you do today.
- ✓ Small steps lead to BIG results.
- ✓ Stay focused. Stay consistent.
- ✓ You've got what it takes!



THE FUTURE IS EXCITING BECAUSE YOU GET TO BUILD IT!

