

# 30 Days Mental Strength Challenge

This challenge will show you how well you can control your thoughts and it will help you to be more aware of the quality of thoughts that you have on a daily basis. You can only change your life if you change your thoughts and you cannot change your thoughts if you are not aware of them.

Be nice to yourself if you are not doing as well as you think you should.

Don't forget that you can always repeat this challenge over and over again and if you choose to go in depth on this practice and expand your life to a new territory then you can get THE 180 DAYS SELF-CARE

PROGRAM on [www.ruesoleil.com](http://www.ruesoleil.com)

**DAY 01**

Go for a long walk.

**DAY 02**

Think and say only positive things about yourself today

**DAY 03**

Think and say only positive things about everyone you encounter today, no matter who they are

**DAY 04**

No lies. Say only the truth no matter what through out today. Say the truth to everyone you encounter including yourself

**DAY 05**

Do not complain about anything today, not to yourself or to anyone else

**DAY 06**

Write 20 things that you are grateful for about your life

**DAY 07**

Write 20 things that you like about yourself

**DAY 08**

Say and think only positive things about your government today

# MENTAL STRENGTH CHALLENGE

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DAY 09

"I love my job".  
Repeat this statement to yourself through out the day, whether you have a job or not

DAY 10

Think and say only positive things about yourself today

DAY 11

No lies. Say only the truth no matter what through out today. Say the truth to everyone you encounter including yourself

DAY 12

Pick someone who you have a difficult relationship with and write 10 good things about the person

DAY 13

Pick a difficult situation in your life and write 10 lessons you have learned from it

DAY 14

Think and say only positive things about your country today

DAY 15

Write 20 things that you like about your country

DAY 16

Do not complain about anything today, not to yourself or to anyone else

# MENTAL STRENGTH CHALLENGE

DAY 17

Think and say only positive things today

DAY 18

Think and say only positive things today

DAY 19

Think and say only positive things today

DAY 20

Write 20 things that you are grateful for in your life

DAY 21

Go for a long walk

DAY 22

Write a list of 20 things that you desire. Doesn't matter what it is, let your imagination go wild and write it all down

DAY 23

Smile more. Find reasons to smile today, no matter what is going on, smile on purpose

DAY 24

Buy yourself a gift and write a love letter to yourself

**DAY 25**

Think and say only positive things about yourself today

**DAY 26**

Do something new today. Something that you have never done before

**DAY 27**

Eat something new today. Something that you have never eaten before

**DAY 28**

Start a positive conversation with a stranger

**DAY 29**

Think and say only positive things today

**DAY 30**

Meditate for 15 minutes. Enjoy 15 minutes of meditation

If you enjoyed this challenge and you want to go indepth into creating mental strength for yourself

in order to be able to create the life that you desire, get THE 180 DAYS SELF-CARE PROGRAM  
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