

THE SOUL PLEASER CHALLENGE



Welcome to The Soul Pleaser Challenge

A helping hand to enhance quality of life and find balance through small, yet meaningful everyday activities. In this PDF, you'll find a collection of challenges tailored to optimize joy, focus, and inner peace. We believe in the power of awareness and presence, and we love challenges where people actively participate in their own life journeys and quality of life. Whether the desire is to embrace joy, break bad habits, increase daily physical activity, or simply achieve more balance in life, we have compiled a series of challenges that can help guide you.

Many say that it takes 21 days to form a new habit, so be patient with yourself. The most important thing is to select challenges that appeal to you, to be consistent in your actions, and to adopt a conscious and loving approach to what you've set out to do.


Make a plan for the next 21 days and select 21 challenges, one for each day.

You can adjust them according to your personal preferences and needs to maximize their positive impact on your mood and well-being. Alternatively, you can adjust them on-the-fly by taking 2 minutes every morning to pick one. Remember to check off each completed challenge. This also gives you a boost.

Let's together create a deeper connection between mind, body, and soul, and let's elevate joy every single day!

No matter which challenges you choose, it's essential to maintain your focus on the fact that small steps can have a significant impact on your well-being and even produce great effects in the long run. It's about continuous practice, not perfection. Remember, mindfulness is about being present in the moment and accepting what's happening without judgment.

The Soul Pleaser Challenge will guide you to immerse yourself in the moment and focus on courage, helpfulness, presence, acceptance, joy, and perseverance. These small, yet deeply enriching tasks will help you find harmony in your daily life and teach you to appreciate the simple pleasures even more. So take control and become your own true soul pleaser!

CHALLENGE	
Make a kind gesture: Give a compliment or help someone with something during the day.	
Talk to a stranger: Step out of your comfort zone by starting a friendly conversation with someone you don't know.	
Try something new: Explore a new activity or hobby that you've always wanted to try. Or think of one spontaneously and go with it.	
Write down three things you're grateful for and revisit them throughout the day.	
Take a picture of something that makes you happy today. By seeking out what brings you joy, you keep the positivity in focus.	
Listen to cheerful music. Start the day by creating a playlist of your favorite songs that lift your mood and listen to them at every opportunity today.	
Dance or move. Enroll in a class today. Perhaps dance, yoga, or circuit training. Maybe something you haven't tried before.	
Start the day by making a list of fun activities and do at least one of them today. Schedule the rest in your calendar.	
Find an inspiring quote in the morning: Something that motivates you and read it every time you have a moment.	

CHALLENGE	✓
Before bedtime, write down everything that made you grateful throughout the day and focus on it just before you fall asleep.	
Perform a random act of kindness. Perhaps surprise a stranger with a good deed.	
As soon as you open your eyes, take a moment to reflect on how you see yourself as a person. How do you want to be? Loving, present, accepting, attentive, or something else? Embody that throughout the day and return to it every time you find yourself veering in a different direction. It becomes easier the more you practice.	
Drop the technology today. Instead, find time for yourself. What do YOU feel like doing?	
Give yourself time for a mindfulness exercise. Sit by yourself and try to focus on your senses. Be fully present in the moment. Maybe set a timer.	
Make a list of your dreams and goals. Close your eyes and imagine you've already achieved them. Feel how that feels and stay in that feeling for as long as possible.	
Do something to help the environment: Plant a tree, pick up trash, or support an environmental organization.	
Treat yourself. Give yourself time for self-care by taking a warm bath or making your favorite drink.	
Do a good deed: Engage in volunteer work or donate to a charitable cause.	

CHALLENGE	✓
Make it your mission for the day to laugh with others.	
Take a walk in the park or by the water and admire the miracles of nature. Stay focused on the beauty.	
Start the day by smiling at yourself in the mirror and decide to make an effort to maintain it throughout the day.	
If you have someone to forgive, try to practice forgiveness today. Set aside ample time. Close your eyes and visualize forgiving. Keep in mind that we are all different depending on our background and where we come from.	
Express gratitude: Write a gratitude email or message to someone you appreciate.	
Give yourself time for silence: Find a quiet place where you can meditate* or simply be in silence.	
Explore nature: Venture into the natural world today and pay extra attention to your senses.	
Read something inspiring: Find a blog, article, or a book that motivates you and read it periodically throughout the day.	
Make a list of your strengths: Write down what you're good at and acknowledge your abilities.	

CHALLENGE	✓
Share positivity with a friend or family member. Consider sending an uplifting quote or a compliment.	
Give yourself permission to rest: Take a break and relax without feeling guilty.	
Smile at a stranger: Smile at people you meet throughout the day. It affects both you and the other person more than you realize.	
Make a healthy smoothie: Create a colorful and nourishing smoothie with fruit, nuts, and vegetables.	
Clean your workspace: Create a more positive and organized environment to thrive even more.	
Do something creative: Paint, draw, write, or do something that brings out your creativity.	
Focus on positive moments throughout the day and feel gratitude for them. To better remember them throughout the day, set an alarm every hour and spend a minute reflecting on the positive things.	
Practice gratitude before meals: Before you eat, give thanks for the meal. Not everyone is as fortunate as we are.	
Make a list of things that make you happy: Identify the things that bring joy to your life.	

CHALLENGE



If you catch yourself worrying, make an agreement with yourself to allow worry for just a few minutes. Afterward, return to the present and let go of those thoughts. You can't control what the future brings anyway.	
Learn something new. Take an online course, watch a documentary, or learn a new skill.	
Compliment yourself: Recognize your own achievements and strengths.	
Express gratitude for adversity: View challenges as opportunities for growth and learning.	
Practice gratitude before bedtime: Reflect on three positive things from the day, right before you close your eyes.	
Set aside time and take a different route. Choose a new path to work or school to explore new surroundings.	
Try a new recipe. Make a colorful and tasty dish you've never tried before.	
Listen to an inspiring podcast: Find a podcast that motivates and inspires you.	
Write in a journal. Reflect and jot down your thoughts and feelings to release stress.	

CHALLENGE	✓
Express gratitude towards yourself: Recognize your own achievements and strengths, and return to that feeling throughout the day.	
Alternate between hot and cold water in the shower today. There are countless benefits to this practice, including increased focus and elevated energy levels.	
Develop an action plan. Create a plan to make it easier to take steps towards your long-term goals.	
Expand your horizons without resorting to prejudices – be open and accepting. Explore topics that aren't familiar to you, perhaps through books or documentaries.	
At the end of the day, make a list of the small victories you've achieved throughout the day. Remember to celebrate them the following day.	
Say thank you to someone. Express gratitude to someone who has helped you.	
Take a cold plunge. If possible, jump into a lake or the sea for a refreshing experience. If it's winter and you're not accustomed to it, proceed gradually.	
Create a vision board.** Gather images and words that represent your goals, and place them on a vision board that you can't miss seeing daily.	
Practice daily positive self-talk. Repeat positive affirmations about yourself throughout the day. If it's hard to remember, set an alarm every hour.	

CHALLENGE	✓
For every negative thing you say or think about yourself, replace it with five positive statements.	
Allow yourself time to daydream: Let your thoughts wander and fantasize about the future.	
Practice performing kind acts for strangers without expecting anything in return.	
Practice breathing techniques:*** Take deep breaths to activate your body's parasympathetic nervous system so that you're no longer in stress mode. This can be done anytime and anywhere, preferably for several minutes at a time.	

* **MEDITATION:**

Remember that everyone can meditate; it's not about perfection but merely practicing returning to the present moment when a thought arises. It can be after a shorter or longer time – it doesn't matter. What's important is the moment when you become aware of having a thought and then return to the silence behind those thoughts, entering a deeper state of expanded consciousness and calm.

Meditation has the following effects:

- **Stress reduction:** Meditation can reduce the production of stress hormones and help manage daily stressors.
- **Improved mental health:** It can reduce symptoms of anxiety, depression, and other mental disorders.
- **Better concentration:** Meditation can enhance attention and the ability to concentrate.
- **Increased self-awareness:** It promotes self-reflection and enhances awareness of one's thoughts, feelings, and behavior.
- **Sleep relief:** Meditation can help alleviate sleep problems by reducing racing thoughts and promoting relaxation.
- **Pain relief:** Meditation can raise the pain threshold and help alleviate chronic pain.
- **Improved cardiovascular health:** It can lower blood pressure and reduce the risk of cardiovascular diseases.
- **Strengthened immune system:** Meditation can bolster the immune system and increase the body's resistance to diseases.
- **Better handling of emotions:** It can help regulate emotions such as anger, frustration, and irritation.
- **Increased creativity:** Meditation can enhance creativity by opening the mind to new ideas and perspectives.
- **Improved relationships:** It can enhance communication and relationships with others by increasing empathy and compassion.
- **A sense of well-being:** Meditation can lead to a general feeling of inner peace, satisfaction, and well-being.

** **VISION BOARD:**

A vision board is a graphic representation of your goals, desires, and dreams. It is typically created by collecting images, quotes, symbols, and text that symbolize the things you want to achieve or attract in your life. Vision boards are used as a tool to visualize and focus on your goals and dreams, which can help motivate and inspire you to work towards them. Vision boards can be digital or physical and serve as a reminder of your desires and objectives.

*** BREATHWORK:

Example of a breathing exercise: Breathe in, all the way down to your stomach, while counting to 4. Hold your breath while counting to 7, then slowly exhale while counting to 8. Continue for several minutes and feel the calmness in your body. There are many different breathing exercises that you can explore. It's important to note that the effects of breathwork can vary from person to person, and it's recommended to learn the techniques correctly from a qualified instructor. Breathwork can be an integral part of a healthy lifestyle and used as a supplement to other treatments and practices when necessary.

Breathwork has the following effects:

- **Stress reduction:** Deep breathing can activate the parasympathetic nervous system, which helps reduce stress levels and promote relaxation.
- **Relief from anxiety and depression:** Breathwork techniques can help regulate emotions and reduce symptoms of anxiety and depression.
- **Improved sleep:** Deep breathing can enhance sleep quality by calming the mind and reducing insomnia.
- **Enhanced mental clarity:** Conscious breathing can help increase concentration and enhance mental skills.
- **Increased energy:** Oxygen is crucial for energy production in the body, so effective breathing can boost energy levels.
- **Improved digestion:** Deep breathing can calm the autonomic nervous system and enhance digestion.
- **Strengthened immune system:** Deep breathing can bolster the immune system by increasing the oxygen supply to the cells and promoting detoxification.
- **Pain relief:** Breathwork techniques can help alleviate pain by boosting the body's natural pain-relieving mechanisms.
- **Emotional balance:** Conscious breathing can help regulate emotions, manage anger, fear, and other negative feelings.
- **Enhanced body awareness:** Through breathwork, you can develop a deeper connection to your body and enhance your body awareness.
- **Strengthening of respiratory muscles:** Certain breathing techniques can strengthen the muscles involved in breathing and improve your overall lung capacity.
- **Enhanced cardiovascular health:** Proper breathing can improve oxygen circulation and fortify the cardiovascular system.

Notice: The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

WELL DONE!

**YOU DESERVE
THE BEST**