

Striving FOR 30 DAYS

Hello Simplifier!

We are so excited for you to join us in our #strivingfor30days challenge! Our goal for this is to seek Christ daily in simple ways through meditation, affirmations, gratitude, study, listening, recording, and spreading light. We believe that when women focus on deepening their connection with God, they have a ripple effect on their families, communities, and the world.

On the next pages you'll find a basic calendar of the daily activities we'll be doing as well as pages for daily journal entries. You can use these pages for the journal prompt challenges and as a space to record your daily experiences. To see the specific activities and resources we'll be using, follow us on Instagram @simplystriving.co where we'll be posting the #strivingfor30days daily challenges!

You can keep track of your progress using the calendar, and at the end of the challenge we'd love for you to send us a picture of your calendar (completed or not!) or a picture of you completing one of the daily activities. We will compile all of the pictures from our Simplifiers into a reel to spread light all over social media.

We're so excited for you to participate in this challenge and to create a positive ripple effect in the world!

Love,

Michaela + Savanna

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Follow us on Instagram @simplystriving.co for the specific daily challenge activities and resources! We will announce each challenge on our stories. Missed a day? Don't worry! We'll save each daily challenge to our highlight bubbles.

<input type="checkbox"/> DAY 1 Study scripture	<input type="checkbox"/> DAY 2 Say affirmation 5 times today	<input type="checkbox"/> DAY 3 Gratitude activity	<input type="checkbox"/> DAY 4 Meditate	<input type="checkbox"/> DAY 5 Journal prompt
<input type="checkbox"/> DAY 6 Listen	<input type="checkbox"/> DAY 7 Study word	<input type="checkbox"/> DAY 8 Say affirmation 5 times today	<input type="checkbox"/> DAY 9 Gratitude activity	<input type="checkbox"/> DAY 10 Meditate
<input type="checkbox"/> DAY 11 Journal prompt	<input type="checkbox"/> DAY 12 Study scripture	<input type="checkbox"/> DAY 13 Gratitude activity	<input type="checkbox"/> DAY 14 Listen	<input type="checkbox"/> DAY 15 Journal prompt
<input type="checkbox"/> DAY 16 Gratitude activity	<input type="checkbox"/> DAY 17 Listen	<input type="checkbox"/> DAY 18 Meditate	<input type="checkbox"/> DAY 19 Study word	<input type="checkbox"/> DAY 20 Say affirmation 5 times today
<input type="checkbox"/> DAY 21 Meditate	<input type="checkbox"/> DAY 22 Gratitude activity	<input type="checkbox"/> DAY 23 Say affirmation 5 times today	<input type="checkbox"/> DAY 24 Journal prompt	<input type="checkbox"/> DAY 25 Study scripture
<input type="checkbox"/> DAY 26 Gratitude activity	<input type="checkbox"/> DAY 27 Study word	<input type="checkbox"/> DAY 28 Listen	<input type="checkbox"/> DAY 29 Gratitude activity	<input type="checkbox"/> DAY 30 Journal prompt



DAY 1

CHALLENGE: _____

DAY 2

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DAY 3

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DAY 4

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DAY 5

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DAY 29

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DAY 30

CHALLENGE: _____
