

# As Is. sis 30 Day Challenge

Dance in a way that brings you joy

Do something that makes you feel strong

Put an encouraging verse on your mirror

Take a fun new class (e.g., dance)

Go on a walk outside (try sunrise or sunset)

Wear an outfit that makes you feel fun & flirty

Love your selfie with no edits/filters

Compliment a friend on something not related to looks

Treat yourself to an at home spa night

Listen to a podcast that reminds you of your worth

Meditate on a Bible verse

Print a picture of you that brings you joy

Take yourself on a date

Make each letter of your name an affirmation

Read and meditate on Psalms 139

Send an encouraging note to a friend

Move in a way that brings you joy

Write 3 things you are thankful your body lets you do

Cook something that fuels you with energy

Take time for a hobby you enjoy

Fast Social Media

Take a bubble bath or long shower

Write an encouraging note and post to the fridge

Meditate on Psalms 139

Play music that makes you smile and sing along

Go on a walk with a friend

Write 10 things you love about yourself

Reflect on what makes you feel best and do it next month

Put your phone away & find rest

Share this challenge with a friend