

30-DAY REPARENTING *Challenge*



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Name one feeling you have today</i>	<i>Name one need you're aware of today</i>	<i>Put your hand on your heart. Ask, "What's here?"</i>	<i>Recall one thing that comforted you in childhood</i>	<i>Pause and take three deep breaths</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<i>Say your name to yourself with kindness</i>	<i>Notice one judgment of yourself or others</i>	<i>Do something kind for yourself</i>	<i>Remember one thing you liked to do as a child</i>	<i>Give yourself a hug</i>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<i>Tell your younger self one thing you needed to hear</i>	<i>Name a feeling. Ask yourself who inside is feeling it</i>	<i>Identify one need you have, and a way to meet it</i>	<i>Make eye contact in the mirror. Say, "I see you."</i>	<i>With a hand on your belly, say, "You matter."</i>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<i>Send a thank you note to your inner child</i>	<i>Treat yourself as someone you cherish</i>	<i>Notice three physical sensations today</i>	<i>Tell your inner critic, "Thanks. I've got this."</i>	<i>Do nothing for 5 minutes. It's okay to take a break.</i>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<i>Say "no" to one small thing today</i>	<i>Identify a need under a judgment</i>	<i>Try out nondominant handwriting</i>	<i>Give yourself permission to feel all your feelings</i>	<i>Do something playful for 5+ minutes</i>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<i>Say, "Good morning, I love you," to your inner child</i>	<i>Remind yourself: It's okay to be who and where you are</i>	<i>Notice one thing you're powerless over today</i>	<i>Play a song your teenage self liked</i>	<i>Tuck your inner child in tonight as you go to bed</i>