

F50 Woman
Because We're Not Done Yet



30 Days of Discomfort Challenge

Check List

It's Time...

To know yourself, to refine the way you think, to define your own path and powerfully drive in your own lane to **Build Unshakable Character** and **Achieve Extraordinary Things**.

Our purpose here at F50Woman is to **provoke you into a mindful, purposeful, passionate pursuit of your life, your career, and beyond...**

{ Excerpt from www.F50Woman.com }

This Challenge will open your mind, spark your growth, shift your mindset into becoming the best person that you can be.

For **30 Days** you will be committing to being **Purposefully Uncomfortable!** Each day complete the challenge for that day. To enhance your results, there is space below each daily task for you to write down the answer to two (2) Questions:

1. What was your biggest challenge?
2. What did you learn?

Read fully through this list prior to your start date, because some days will require preparation, it will ease the process.

Here We Go...

DONE	TASK & NOTES
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<input type="checkbox"/>	Day 1. Track every step. Every time you move count how many steps you take. Continue to keep a running tally on a piece of paper. *NO PHONE OR WATCH STEP COUNTERS ALLOWED
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<input type="checkbox"/>	Day 2. Turn off Social Media. Don't touch it, don't look at it, turn the notifications OFF.
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<input type="checkbox"/>	Day 3. Set your alarm and get up and stretch your arms up to the ceiling every hour for the entire day.
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<input type="checkbox"/>	Day 4. Have a Day of Silence, NO TALKING ALL DAY. (texting counts as talking)
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<input type="checkbox"/>	Day 5. Say sorry to someone you hurt; call them up, better then out or go see them where they are.
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30 Days of Discomfort Challenge - Check List

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Day 6. Make a full meal for another family.

Day 7. **Walk or ride your bike to work.** If that is not doable for you, walk backwards from your car to your desk or into a store. (Or, if you're working from home, walk all day around the house backwards)

Day 8. Sleep on the floor for the night.

Day 9. **Go for a walk and talk to yourself out loud.** You can read as book out loud as you walk, recite a poem, pray or just talk to yourself like you're a friend. (Talking on the phone to a friend does not count)

Day 10. Send 5 people a thank you gift for "just being them."

Day 11. **Doodle for 1 hour;** 1 piece of blank paper at least 8.5 x 11 inches, with only 1 (one) pen or pencil. No breaks, no interruptions, no pausing. Just a constant doodle. No scribbling. Purposeful doodling.

Day 12. **A day with NO electronics;** tv, radio, audible etc. (You can carry your phone but no listening to stuff...)

Day 13. Send 10 Different People an Appreciation Card telling them why you appreciate them.

Day 14. **Share your favorite book with someone you do not know well;** give it to them with a small explanation of what you loved about it. (During quarantine, you can send it to them with a note)

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Day 15. Take a cold shower for at least 60 seconds.

Day 16. Wake up today 2 hours early and start your day.

Day 17. Talk to someone new. (A simple hello is not talking) hold at least a short conversation. (This will be challenging in if you're doing this during the pandemic: alternate challenge is to start a conversation with a new friend via Facebook Messenger, Instagram and/or LinkedIn. Start and follow through with a conversation genuinely inquiring about what they do or who they are. If they do not answer you, you will have to find another friend. You must have a conversation.)

Day 18. Go to bed early sleep for an extra hour (all electronics off, lights off, no conversing with a loved one, and actually sleep)

Day 19. Start and finish a crossword: find one at this weblink: www.F50Woman.com/30-days-of-discomfort-challenge

Day 20. Ask someone for an honest opinion on something you are wearing. (If you are doing this during COVID 19 lockdown, and you're not going out, text someone a full length picture and ask them.)

Day 21. Donate two (2) items you currently use or wear to charity.

Day 22. Order a cup of coffee, tea, or your favorite drink sit and drunk it by yourself somewhere in a safe place outside.

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- Day 23.** Try a new activity; yoga, jogging, puzzle making, singing, Spanish, etc. Make a genuine effort and pick something that is out of what you are comfortable choosing.
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- Day 24.** Say "thank you" for everything your eyes see today.
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- Day 25.** Make eye contact and smile at a stranger today. (You can make eye contact with a mask on 😊)
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- Day 26.** Go for a walk in the middle of the day just for fun and refreshment.
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- Day 27.** Get or write a 5-minute speech about anything then video tape yourself reading it, as if you're giving the direct to a crowd.
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- Day 28.** Pick up the phone when a stranger calls and pitch an idea.
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- Day 29.** Write who you are in one (1) sentence in the morning. Read it throughout the day and revise it 2 times; once in the afternoon and in the evening.
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- Day 30.** Share what you learned from this challenge on Facebook or Instagram. With the following tags: @f50woman, #F50W30DayDiscomfortChallenge, #F50Man (Yes this is for the Men Too...)