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**30-DAY**

**SELF-**

**IMPROVEMENT**

**CHALLENGE**

**WORKBOOK**



SELF-IMPROVEMENT SCHEDULE TO  
UPGRADE YOUR LIFE IN ONLY 30 DAYS!

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**IN THIS WORKBOOK YOU WILL IMPROVE YOUR:**

Physical Health, Mental Health, Confidence,  
Social Skills, Eating Habits, Discipline and  
Happiness.

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# 30-DAY SUMMARY

read the  
challenge

**DAY 1**

prepare for the  
challenge

**DAY 2**

create morning  
routine

**DAY 3**

choose your 2-3  
books and  
buy them

**DAY 4**

devise your  
exercise  
schedule

**DAY 5**

start filling out  
your healthy  
meal plan

**DAY 6**

finish your  
healthy meal  
plan

**DAY 7**

start  
journaling if  
not already

**DAY 8**

print off self-  
care checklist

**DAY 9**

keep  
exercising

**DAY 10**

continue filling  
out gratitude  
journal

**DAY 11**

keep limiting  
social media

**DAY 12**

tell your friends  
and family about  
the challenge!

**DAY 13**

continue  
meditating

**DAY 14**

keep going!

**DAY 15**

email us with  
your thoughts  
so far

**DAY 16**

60secondswitc  
h@gmail.com

**DAY 17**

one month  
of progress

**DAY 18**

puts you years  
ahead in life

**DAY 19**

always keep  
improving!

**DAY 20**

check out our  
free resource  
library

**DAY 21**

for more  
challenges like  
this one

**DAY 22**

benefits should  
start to show

**DAY 23**

let us know the  
books you chose  
and your thoughts!

**DAY 24**

take progress  
pictures for  
motivation

**DAY 25**

so close!

**DAY 26**

nearly there!

**DAY 27**

the new and  
improved you is  
waiting

**DAY 28**

you've done it!

**DAY 29**

send us a  
picture of your  
reflection!

**DAY 30**

# PREPARING FOR THE CHALLENGE

This challenge could prove difficult so we have compiled a list of all of the items which you may need.

\*the items are not compulsory they are just recommended.

## Challenge Recommendations:



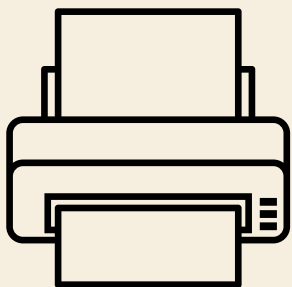
### 1. A Journal

A journal could prove very useful during this challenge as writing a lot of work can be done in it. (a journal is a must-have if you don't possess a printer to print off this document).



### 2. Opal

Opal is a mobile app that limits your screen time on the apps of your choice, this may sound like a paid advert but it's not. I'm telling you to get it because I use it myself and it has been extremely helpful in lowering my screen time (it's also free).



### 3. Printer

Whether you use a journal or not during this challenge, having a printer will prove very useful to you. As most of these pages and downloads are best utilized as posters stuck up on your walls (such as the checklists or meal plans), and a printer is needed to do this.

# BUILDING YOUR MORNING ROUTINE

Starting your day well is absolutely key to you having a **productive** day, and this can be achieved by building up a **consistent** morning routine.

Our morning routine template has been created to help you build up your routine in the **easiest** and most **useful** way. Choose from our selection of morning routine ideas below and then add them to the document attached below to create the best personalized morning routine for you.

Choose **5x** of the following:

Drink a full glass of water, Prepare a healthy breakfast, Make a smoothie, Do some self-care, Have a quick workout (jogging, yoga, etc), Say positive affirmations, Practise meditation, Spend time on a hobby, Read 10x pages of a self-improvement book, Fill out the gratitude sheets below, Listen to a podcast, Make your bed, Don't check your phone for 1hr, Journal, Wash your face and finally Write a to-do list.

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Download the morning routine template [here](#).

(email us for any feedback or ideas at [60secondswitch@gmail.com](mailto:60secondswitch@gmail.com))

# PART ONE

# IMPROVING YOUR PHYSICAL HEALTH

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1. Devising an exercise schedule
2. Creating a healthy meal plan
3. Exercise checklist (to keep you going)

# DEVisING AN EXERCISE SCHEDULE

When people think of self-improvement they think of weight loss, healthy diets, and getting in shape. There's a reason for that, as exercising and having a healthy diet has so many more impacts than on just your health, and that's why it's the very first part of our challenge.

The benefits of exercise are incredible, for example, exercise improves brain health, improves confidence, improves discipline, improves self-esteem, improves resilience to disease and the list goes on.

But what sort of exercise should you do?

First, you need to figure out what you want to achieve from your exercise, is that weight loss? or muscle gain? Then once you've picked an answer choose one or a few of the exercises from the selection below:

## **Weight Loss:**

Walking, Jogging or Running, Cycling, Swimming, Yoga or finally Pilates.

## **Muscle Gain:**

Squats, Bench Press, Dumbbell Exercises, Body Weight Exercises (pick an area of your body you want to focus on and research the best exercises on the web)

# 30-DAY CHECKLIST FOR EXERCISE

Something is needed to help you record your exercise and keep you on track over the next 30 days, so we have created a '30-Day Exercise Checklist' for your use.

Once you have selected your preferred exercise, download the document below to get started.

**[Download Your Checklist Here](#)**

The document is very simple, it gives you **5x** days per week when you will need to complete your exercise (the other **2x** are rest days). Then once you have finished your exercise return back to the document and mark the day as complete by using a **tick** (or a **cross** if you failed to complete it).

If you are struggling to complete your exercises regularly then follow these tips:

On the sheet, there is a box that requires you to write down a **time** for when you will complete your exercise every day.

This is because blocking out a certain time every day will make it easier for you to be **consistent** and will relieve the stress of finding time for your exercise the night before.

# HEALTHY MEAL PLAN (TEMPLATE)

You are the food that you eat. The food which we eat is so important, it fuels us, shapes our bodies, and changes the way we feel about ourselves. Therefore, eating healthily is one of the **best** ways to **improve** physically.

The focus of self-improvement differs from person to person but **physical health** is definitely one of the main categories overall, hence why it is **part one** of our 30-day self-improvement challenge.

Ask yourself, **how do you get the perfect body?** Most people think that if you just exercise then you don't need to worry about your diet, but that couldn't be further from the truth, you need **both**. So, in order for you to adopt a healthy diet to complement the exercise schedule that you created above, we have curated two different methods below:

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Check out our **pre-planned** healthy meal plan [here](#).

or

Check out our **blank** healthy meal plan **template** [here](#).



# PART TWO

# IMPROVING MENTAL HEALTH, GRATITUDE, AND HAPPINESS.

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Self-care Checklist and Gratitude Journal



# USING OUR SELF-CARE CHECKLIST

Self-Care contains 4 different elements: **Physical**, **Mental**, **Emotional**, and **Social** care, so we have included every single one of these categories in our checklist. We have geared it so that it can give you some ideas for self-care but also that it gives you a target for an amount of self-care to execute per month. But please when reading our checklist remember that self-care should be done for pleasure and enjoyment, so even though it should be completed in 30-day don't put an excessive amount of pressure on yourself to do so. Especially when you have other self-improvement priorities requiring your time during this challenge.

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Self Care  
checklist



Look at our **free resource library** or [click here](#) to download our checklist!

# WEEK 1 OF GRATITUDE

(fill-out either on this paper or in your journal)

**DAY 1**

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**

**WEEKLY HIGHLIGHTS**

**WEEK 1**

# WEEK 2 OF GRATITUDE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEKLY HIGHLIGHTS

WEEK 2

# WEEK 3 OF GRATITUDE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEKLY HIGHLIGHTS

WEEK 3

# WEEK 4 OF GRATITUDE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEKLY HIGHLIGHTS

WEEK 4

# PART THREE

# IMPROVEMENT OF YOUR CONFIDENCE AND SOCIAL SKILLS

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Affirmations

Social Media Limitations

Meditation

Self-Improvement Literature

Social Challenges

# AFFIRMATIONS

During the challenge, you need to complete all 3 of these daily tasks with consistency. The first task is listening to affirmations every night or saying them to yourself every morning.

Affirmations are an extremely powerful tool that you can use to improve your confidence significantly. Listen to confidence-boosting affirmations every night or say them to yourself every morning to drill that confidence into your subconscious.

# SOCIAL MEDIA LIMITS

The second daily task for this challenge is to limit yourself to 1hr a day on social media. Social media is extremely damaging to your confidence, especially if you are female. Social media algorithms bombard us with 'perfect' humans and especially females who edit their bodies and faces to further enhance their beauty. The problem lies in us constantly comparing ourselves to them which lowers our self-esteem.

# MEDITATION

The third and final daily task is meditation. Meditation is not directly related to confidence as much as the other two are, but it has many other incredible benefits that qualify it for this challenge. Meditation can significantly reduce your stress levels, therefore social anxiety. It also reduces negative emotions, increases patience, and allows you to focus on the present, which are all necessary traits of good social skills.



# SELF IMPROVEMENT BOOKS

Self-Improvement literature is one of the **best** things that you can do to propel your progress and improvement. But which books should you read?

It's entirely your opinion and whichever areas of self-improvement you feel need the most work.

The self-improvement books section of this challenge sees you completing at least **one** self-improvement book over the 30 days.

We have recommended some self-improvement books below which solely focus on your **social skills** and **confidence**, but there are many other great self-improvement books out there for you to try.

60 Second Switch's **top 4** books to help you develop your social skills and confidence:

**The Subtle Art of Not Giving a F\*ck** - By Mark Manson

**How To Talk To Anyone** - By Leil Lowndes

**The Charisma Myth** - By Olivia Fox Cabane

**The 48 Laws Of Power** - By Robert Greene (useless without confidence)

# CHALLENGING YOUR SOCIAL SKILLS

You will never become comfortable in social situations if you don't experience them **regularly**. Therefore this social skills challenge regularly puts you in **uncomfortable** social situations in order to **progress** your social skills even further.

So, what is the challenge?

**Talk to a stranger every day for all 30 days.**

Talking to a stranger every day for all 30 days will **drastically** improve your social skills, and even though it may prove **difficult** during the first couple of days, you will be surprised how quickly you become **comfortable** and **gain confidence** in once-difficult social situations.

We will be kind and make the challenge a little bit **easier** by giving you some of our favorite ways to start a conversation with a **stranger**.

\*we couldn't fit all of the conversation starters on the page so we have written them in the form of an **article** instead, to read the article click here.

# PART FOUR

# REFLECTION

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Are you proud of what you achieved this month? And why?

Yes  No

Will you be taking the challenge again next month and why?

Yes  No

What have you learned from this challenge?

If you could take 1 challenge through to the next month which would it be and why?

**Thanks for participating in our 30-Day Self-Improvement Challenge!**

We would love to receive your feedback and progress at **60secondswitch@gmail.com**

And if you have any other **resources** or **challenges** that you would like to see in the future.

Please let us know and we will create it **without hesitation!**