Here is a list of all the "Insight to Action Challenges" found in the source:

Chapter 3: Insight to Action Challenge

What is it that you want to solve, change, or figure out?- how might someone’s human design

Then, choose the most important change you want to make now.

What negative or limiting belief or beliefs have stopped you from figuring this out until now?

What have you told yourself about you, your capabilities, others, the world, or reality that’s prevented you from making this change once and for all?

What would it feel like to let go of that negative belief? If I didn't have this negative belief, how might I feel? What might change for me physically, emotionally, mentally, financially, or spiritually? Really imagine myself without this belief and describe my reality from that place.

Design a creative, playful plan to embody the belief that everything is figureoutable. Remember, repetition and emotion are key. Maybe you want to write the phrase 20 times in your journal every morning for the next 90 days. You can make 'Everything is Figureoutable' the wallpaper on your smartphone. Perhaps you'll chant it while washing dishes or folding laundry or grunt it out loud while you’re doing squats. Use as many modalities as you can. Your voice, writing, graphics, audio, embodied movement, and most important, repetition. [3]

Chapter 5: Insight to Action Challenge: [4]

What’s an instance where, at first, you believed you didn’t have the time, ability, or resources to make something happen, and yet you figured it out anyway? List as many as you can remember. No example is too small or insignificant.

Write down at least one fear that's holding you back from taking action on your dream or goal. Get specific about the fear and explore the potential consequences of holding on to it. Ask yourself: What's the best thing that could happen if I stopped doing this, either temporarily or permanently? What are the best possible short-term and long-term consequences? What’s the worst thing that could happen if I stopped doing this, either temporarily or permanently? What are the worst probable short-term and long-term consequences? [5]

If you had to, you would. Write down your life-saving two free hours a day plan. Remember, your doctor called. She said the only chance you have to save your own life is sitting quietly and uninterrupted for two hours a day, seven days a week for the next three months. There is no other cure. How would you do it?

Bonus wordplay challenge. The words you think, say, and reinforce will become your reality. Anytime you catch yourself making excuses or saying, ‘I can’t,’ stop, challenge that thought. Is it really true that you can’t? If it is, then adjust your language. Instead of ‘I can’t,’ say, ‘I’m choosing not to because…’ For example, I’m choosing not to move to Paris because it would disrupt my children’s lives and education. I’m choosing not to pursue a career as a comedian because I don’t want to deal with that level of rejection. I’m choosing not to date him because he’s a Trump supporter.

Chapter 8: Insight to Action Challenge: [6]

Write down the worst, worst, worst-case scenario that could possibly happen if you move ahead with this exciting, yet fear-inducing idea. Really dig into it. What is your absolute worst nightmare? Your goal is to brain dump and get your deep, deep, deep, deep, deep, deep, deepest fears out of your head and onto the page. Keep going until you hit your fear’s rock bottom. Then ask yourself, ‘OK, so what’s the worst thing possible if that happened? Push yourself until you get to the basement of your fear.

Take a look at what you’ve written. How likely do you think it is that this full-blown nightmare will occur? On a scale from 1 to 10, 1 being not at all likely and 10 being, indeed, how probable is this?

Now write out the exact steps you’d take to recover and rebuild if the worst of the worst did, in fact, happen. If you had to, how would you get back on your feet?

Flip the script. What’s the best case scenario? What are all the possible payoffs, the upsides that could come from moving ahead? Write down as many as you can. [7]

Explore fear as your GPS. Get curious and listen to your fear. What helpful, positive signal might fear be sending? What productive message is she attempting to communicate? What is she directing you toward?

Leverage your language. If saying that you feel terrified, stressed, afraid, anxious, or nervous tends to get you frozen or overwhelmed, rename it. Borrow shushy or noonie or come up with your own new word. Hint, strive for something that sounds ridiculous.

Think about a specific time you ‘failed’—or, more accurately, made a faithful attempt in learning. What are three good things that came from it? What lessons did you learn? What valuable understanding do you now have that you wouldn’t have otherwise? [8]

Chapter 10: Insight to Action Challenge [9]

This action challenge is longer and more in-depth than previous ones. Strap yourself in and pull down your lap bar. We’re going on a ride into the deepest recesses of your heart and soul. The focus, honesty, and effort you put in right now will pay off tenfold. [10]

Step 1: List Your Top One-Year DreamsSet a timer for 15 minutes and make a list of the top dreams, goals, or projects you’re most excited to start figuring out within the next year. These can be painful problems you need to solve or aspirations you’re ready to materialize. Write down anything that comes to mind that you’d like to change, start, stop, pursue, heal, transform, learn, experience, explore, become, create, or achieve. [10]

Step 2: Get Real About This DreamLook back at your list. There’s likely one or two items that make your heart jump with fear or excitement, or both. Select the one you feel most drawn to, circle it, and answer the questions below. The purpose of this step is to give yourself a reality check. [11]

How important is this dream to you right now? If it’s a ‘should,’ a ‘maybe someday,’ or something someone else wants for you, cross it off and find another.

Is it 100% your responsibility? If you’re waiting for someone or something outside of you to make this dream happen, for example, permission, funding, or another person’s participation, cross it off and find something that is 100% your responsibility. [12]

Has anyone in the history of the world already figured this out? Chances are, yes. The vast majority of our dreams have been done before. If not exactly, something close enough. [12]

Have you already tried to figure this out? If yes, what specifically didn’t work? What mistakes did you make? What did you learn from those mistakes? If you don’t, don’t do it. If you’ve been the problem, that means you’re also the solution. Write down exactly what didn’t work and what you’ll do differently to solve for those issues in advance. [13]

Step 3: Choose One [13]

It’s time to make your choice. It’s essential that you choose just one significant dream for now, not seven, not three, one. This dream will serve as your training ground to master the figureoutable philosophy. You must develop your ability to focus and concentrate. In doing so, you’ll cultivate a set of mental strengths, emotional disciplines, and behavioral habits that’ll help you accomplish all future goals. [13]

Step 4: Make It Specific, Measurable, and Actionable [14]

Every dream must be chunked down and clarified in order to get started. In this step, you must convert your dream into something specific, measurable, and actionable. In other words, state your dream in a way that you, or anyone else, could measure. [14, 15]

Step 5: Determine Your Next 3 Steps and Get Started NOW [16]

What are three simple actions you can take to get closer to that eventual goal of figuring it out? What could you do in 10 minutes or less, the first of which could be done right now? Focus on small, active steps like making a phone call, setting up an appointment, sending an email, doing a push-up, or registering for a class. [16, 17]

Chapter 12: Insight to Action Challenge [18]

Recall at least one instance in your life when, either by choice or circumstances beyond your control (for example, job gain, job loss, a forced move, a birth or death, divorce, etc.), you started before you were ready and ultimately gained valuable results.

When was a time you delayed taking action because you believed you weren’t ready yet, but once you did, you thought, ‘Hey, that wasn’t so bad. Why didn’t I do this sooner?’

Answer this one fast. As it relates to your big dream, what’s the one move you know you must make to start before you’re ready? What action step immediately enters your mind and heart? That scary big one you instinctively know will jumpstart your progress. Write it down and say it out loud. [19]

How can you commit time or money, or use social accountability (for example, positive peer pressure or the fear of guilt, shame, or embarrassment), to take a big step forward on your dream? Put some skin in the game and make your move now.

Chapter 14: Insight to Action Challenge: [20]

What’s at least one instance where you let perfectionism get in the way of making progress? Be specific. What happened? What did you say to yourself? How did you feel? What was the outcome?

What's your personal definition of perfectionism? Based on your experience and observations of yourself and others, how would you explain perfectionism to a 10-year-old? Write your response in the most helpful and inspiring way possible.

Plan and solve for problems in advance. Brainstorm a list of typical challenges, distractions, and obstacles that could impede your ability to make progress. Think social media sinkholes, internet outages, group texts, self-doubt spirals, missed deadlines, daytime calls from the family, and not having enough food in the house. [21]

Turn inevitable self-doubt into productive self-talk. Whenever you notice your inner monologue trash-talking you into a sinkhole of self-doubt, use this trick. Add the word yet to the end of thoughts that veer toward negative, dead-end, fixed-mindset thinking. For example, I’m not good with money…yet. I don’t know the first thing about writing fiction…yet. I don’t know who I am without her…yet. No one’s ever done it this way…yet. For extra oomph, brainstorm a list of all the negative things you say to yourself that keep you from moving ahead. Then underneath that list, write this: ‘One small thing I can do right now.’ Choose one item from your list, write it down in big letters, and circle it. Because circling it is fun. Say it out loud, then do it.

Chapter 16: Insight to Action Challenge: [22]

What’s at least one example of a time when you’ve refused to be refused and, in doing so, found a way around a limitation? No example is too small or insignificant. List as many as you can think of, and what you learned by refusing to be refused.

Have you already been refused on the path to your big dream? What did you do? Revisit that refusal and brainstorm seven ways you can work around it and keep going.

If you challenged authority, questioned the rules, or declined defeat just 10% more than you currently do, what positive changes might occur? [23]

Imagine the criticism you fear actually happens. What are three constructive and healthy ways you could deal with it? How would your highest and best self respond, if at all? Feel free to adopt my rule of never replying in anger or after you’ve had wine.

Write down 10 things you would do if you had absolutely zero fear of judgment or criticism. Then pick one and do it. [24]

How can you connect your dream or goal to something beyond yourself? Is there a family member, community, or cause you can serve? Reasons power results.

Chapter 18: Insight to Action Challenge: [25]

Think about your biggest dream or goal. What are at least three concrete ways you’ve been playing small? What have you been holding back or afraid to share or do? Write down your specific thoughts, beliefs, and behaviors.

Brainstorm a list of things you’d like to do, write, create, or express if you had no fear of being seen or judged. This list is for your eyes only. Let go. Don’t overthink. Just keep writing. [25]

If you believed to your core that everything really is figureoutable, what would you now do? What would you create or heal or transform or transcend? Who would you become?

Please complete this last challenge by hand. Grab a journal. Turn off all electronic notifications. Find a space where you will not be disturbed. Light a candle that helps you get into a quiet, contemplative mood. Set an alarm for 15 minutes. You’re going to do automatic writing, which is a practice of inviting your intuition to communicate with you on the page. Your future self—the 100-plus-year-old you—is going to write a letter to the current day you. Before you begin, repeat the following statement three times: Dear Future Self, I am open to receiving your guidance and support. Keep writing until the timer hits 15 minutes. This ‘future self’ exercise helps you access deep truths that you know intuitively but are likely not living or practicing consistently yet. Set your writing aside for at least an hour before you read it. [25]

Please note that this list is comprised of all the challenges directly named "Insight to Action Challenge" in the source. There may be other challenges mentioned in the source that were not included as they did not have this specific title.