

7 Personal Growth Challenges That Will Change Your Life

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1. 21-Day No-Complaint Experiment: This challenge involves not complaining, criticizing, or gossiping for 21 consecutive days. Every time you slip, you start over. (Popularized by Tim Ferriss and Will Bowen)

2. 30-Day Minimalism Game: Proposed by The Minimalists, participants get rid of one item on the first day, two on the second, and so on, leading to decluttering and simplifying one's life.



3. 75 Hard: A 75-day challenge that develops mental toughness (invented by Andy Frisella). It involves a strict diet, drinking a gallon of water daily, reading 10 pages of a non-fiction or self-help book, taking a progress picture, and doing two 45-minute workouts daily (one must be outside).

4. Tech-Free Saturdays: Take a 'screen sabbatical' one day every week (Credit: Brad Stulberg). Avoid using digital devices. The goal is to reduce screen time, unplug from the constant influx of digital information, and reconnect with the physical world around you.



5. 52-Week Money Challenge: A savings challenge where you save \$1 in the first week, \$2 in the second, and so on. By the end of the year, you'll have saved \$1,378 (not counting interest). Double the challenge by starting with \$2 in the first week, adding \$4 in the second week, \$6 in the third week, and so forth until you add \$104 in week 52. You'll save \$2,756.

6. 3-Day Phone Charger Challenge: See how moving your phone's charger outside your bedroom has cascading benefits on your entire day. Your phone's morning alarm will spring you out of bed, making you less likely to hit the snooze button. Easily reclaim 10 minutes per day (60+ hours per year).



7. Morning Pages (Daily Journaling): Inspired by Julia Cameron's The Artist's Way, it involves writing three pages of stream-of-consciousness thoughts every morning. You'll declutter your thinking and generate creative ideas.

There you have it— 7 challenges that will transform your life.

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