

The 30-Day “Be Good, Do Good” Challenge

How to Use This Challenge

Purpose: Transform the principles in this book from ideas into daily practice.

Instructions: 1. Read one day’s prompt each morning 2. Carry the principle with you throughout the day 3. Journal your reflection each evening 4. Be honest—this is for you, not performance

Remember: You won’t be perfect. You’ll miss days. You’ll fail some challenges. That’s not the point. The point is to keep returning to your compass.

Week 1: Building Your Foundation (Days 1-7)

Day 1: Know Your Anchor

Morning Prompt: “What does ‘being good’ mean to me?”

Today’s Practice: Write down 3 core values you will not compromise, no matter what.

Evening Reflection: - Did I live aligned with these values today? - When was I tempted to compromise? How did I respond? - One thing I learned about my anchor:

Day 2: The Integrity Test

Morning Prompt: “Today I will be who I am, even when no one is watching.”

Today’s Practice: Do one thing right even though you could easily get away with doing it wrong (return excess change, correct a mistake, admit ignorance instead of bluffing).

Evening Reflection: - What was my integrity test today? - Did I pass? If not, what would I do differently? - How did it feel to choose integrity?

Day 3: Morning Mirror Check

Morning Prompt: Look in the mirror and ask: “Am I still good?”

Today’s Practice: Before making any decision today, pause and ask: “Is this who I am?”

Evening Reflection: - When did I pause today? What was the decision? - Did my choices reflect my true self? - What alignment or misalignment did I notice?

Day 4: The Rudder Practice

Morning Prompt: “My goodness must become action today.”

Today’s Practice: Identify one person who needs help. Do something for them without being asked.

Evening Reflection: - Who did I help today? - What did I do? - Did I tell anyone about it? Why or why not? - How did it feel to act on my goodness?

Day 5: Small Moments Matter

Morning Prompt: "I will make one person's day better today."

Today's Practice: Do 3 micro-kindnesses: - Hold a door - Say thank you with eye contact - Let someone go ahead of you

Evening Reflection: - What were my 3 small acts? - Did anyone notice? Does it matter? - What did I learn about "doing good"?

Day 6: The Ripple Effect

Morning Prompt: "Every action creates ripples. I choose ripples of good."

Today's Practice: Notice the ripples your actions create. Help someone who can't help you back.

Evening Reflection: - What ripples did I create today? - What ripples did I witness from others? - One ripple I want to create tomorrow:

Day 7: Weekly Compass Check

Morning Prompt: "Where did I drift this week? How do I correct course?"

Today's Practice: Review Days 1-6. Complete this:

This week, I WAS GOOD when I: 1. _____ 2. _____

This week, I DID GOOD when I: 1. _____ 2. _____

This week, I drifted when I: 1. _____

Next week, I will correct by: 1. _____

Week 2: Leading Through Storms (Days 8-14)

Day 8: Name Your Storm

Morning Prompt: "What storm am I facing right now?"

Today's Practice: Write down one current challenge. Name it. Don't minimize it or catastrophize it—just name it honestly.

Evening Reflection: - My storm: _____ - What does this storm reveal about me? - Am I facing it or avoiding it?

Day 9: The Storm Preparation

Morning Prompt: "I am built for this."

Today's Practice: Identify your "storm crew"—3 people you can call when it's hard. Text them today and tell them they matter to you.

Evening Reflection: - Who are my 3 people? - Did I tell them why they matter? - How did they respond?

Day 10: Face One Fear

Morning Prompt: "Courage is not the absence of fear. It's the choice to act anyway."

Today's Practice: Do one thing you've been avoiding because it's uncomfortable (have a hard conversation, apologize, set a boundary, address a problem).

Evening Reflection: - What did I face today? - What happened when I faced it? - Was it as bad as I feared?

Day 11: The Anchor Holds

Morning Prompt: "When everything shakes, my integrity remains."

Today's Practice: When pressure comes today, return to your Day 1 values. Don't compromise them.

Evening Reflection: - When was I pressured today? - Did my anchor hold? - If I drifted, why? If I held, how?

Day 12: Storm Mantras

Morning Prompt: Choose one mantra for today's storm: - "I am built for this" - "My anchor holds" - "I know my true north" - "This storm will pass; my character remains"

Today's Practice: When stress comes, repeat your mantra 3 times before reacting.

Evening Reflection: - Which mantra did I choose? - When did I use it? - Did it change my response?

Day 13: The After-Action Review

Morning Prompt: "What held? What broke? What did I learn?"

Today's Practice: Think of a recent failure or struggle. Apply the after-action review: - What held: _____ - What broke: _____ - What I learned: _____

Evening Reflection: - Am I blaming others or taking responsibility? - What will I do differently next time? - What strength did I discover?

Day 14: Weekly Storm Assessment

Morning Prompt: "Storms reveal who I've been building myself to be."

Today's Practice: Review Week 2. Answer:

My biggest storm this week was: _____

How I responded: _____

What it revealed about me: _____

One storm skill I'm building: _____

Week 3: Building Legacy (Days 15-21)

Day 15: The 100-Year Question

Morning Prompt: “In 100 years, what will matter about my life?”

Today’s Practice: Write your ideal tombstone epitaph (not your resume—your character).

Mine would say: _____

Evening Reflection: - Does my epitaph reflect how I lived today? - What needs to change? - One legacy-building action for tomorrow:

Day 16: Humility Practice

Morning Prompt: “The janitor and the president are equally valuable.”

Today’s Practice: Treat every person you encounter today with the same respect, regardless of their position or status.

Evening Reflection: - Who did I interact with today? - Did I treat everyone with equal dignity? - When did I struggle with this?

Day 17: Loyalty in Action

Morning Prompt: “I show up for people, especially when it’s inconvenient.”

Today’s Practice: Reach out to someone you’ve neglected. Not with an excuse—with presence.

Evening Reflection: - Who did I reach out to? - Why have I been absent? - How did they respond?

Day 18: Service Without Recognition

Morning Prompt: “True service requires no audience.”

Today’s Practice: Do one significant act of service anonymously. No one should know it was you.

Evening Reflection: - What did I do? - How did it feel to serve without credit? - Why is recognition so important to me?

Day 19: Beautiful Burdens

Morning Prompt: “What I carry is a privilege, not just a burden.”

Today’s Practice: List your current responsibilities. For each, reframe it as a privilege.

My burdens reframed: - Burden: _____ → Privilege: _____ - Burden: _____ → Privilege: _____

Evening Reflection: - Which reframe was hardest? - Which one changed my perspective most? - What burden am I grateful for now?

Day 20: Thank Your Shoulders

Morning Prompt: "I stand on the shoulders of those who carried burdens for me."

Today's Practice: Write a thank-you message to someone who sacrificed for you. Send it.

Evening Reflection: - Who did I thank? - What did they sacrifice for me? - How did expressing gratitude feel?

Day 21: Weekly Legacy Audit

Morning Prompt: "Legacy is built daily, not left behind."

Today's Practice: Review Week 3. Answer:

This week, I built legacy through: - Humility: _____ - Loyalty: _____ - Service: _____

One person I impacted: _____

How I want to be remembered this week: _____

Week 4: Living Whole (Days 22-28)

Day 22: Permission to Be Whole

Morning Prompt: "I don't have to choose. I can be strong and sensitive."

Today's Practice: Express one emotion you usually suppress (cry if you're stoic, be firm if you're always gentle, share joy if you're serious).

Evening Reflection: - What did I allow myself to express? - How did others respond? - What does wholeness look like for me?

Day 23: Your Unique Expression

Morning Prompt: "My 'Do good' looks different from everyone else's."

Today's Practice: Identify your unique way of expressing goodness (teaching, creating, organizing, healing, building, etc.). Do it today.

My expression of goodness: _____

Evening Reflection: - What did I create/do today? - Did it energize or drain me? - Is this how I'm meant to "do good"?

Day 24: The Daily Creation

Morning Prompt: "I will create one thing that reflects my goodness today."

Today's Practice: Choose your time commitment: - 1 min: One sentence of gratitude - 5 min: Sketch/photo something beautiful - 10 min: Journal one lesson learned - 15 min: Write a thank-you note - 30 min: Work on a creative project for joy

Evening Reflection: - What did I create? - For whom did I create it (including myself)? - How does creation connect to my goodness?

Day 25: Strength + Sensitivity

Morning Prompt: "My power comes from integrating opposites."

Today's Practice: In one situation, combine what seems opposite: - Be firm AND compassionate - Be vulnerable AND strong - Be confident AND humble

Evening Reflection: - Where did I integrate opposites today? - What happened? - What did I learn about wholeness?

Day 26: Energy Audit

Morning Prompt: "I have limited energy. Where am I spending it?"

Today's Practice: Track your energy for one day: - What drained me:

- What filled me: _____ - What aligned with my values:
_____ - What contradicted them: _____

Evening Reflection: - Where am I wasting energy on toxic burdens? - Where should I invest more energy?

- One change I need to make:

Day 27: The Poet's Heart

Morning Prompt: "I can be a warrior and a poet. Discipline and beauty coexist."

Today's Practice: Find beauty in something ordinary today. Describe it in one sentence or capture it in a photo.

My observation: _____

Evening Reflection: - What beauty did I notice? - Why do I usually miss it? - How does noticing beauty change me?

Day 28: Weekly Wholeness Check

Morning Prompt: "Am I living as my whole self or a fraction?"

Today's Practice: Review Week 4. Complete:

This week, I integrated: - Strength + Sensitivity: _____ - Discipline + Creativity: _____ - Logic + Emotion: _____

Where I'm still fractured: _____

One step toward wholeness: _____

Days 29-30: Integration & Commitment

Day 29: Your Personal Manifesto

Morning Prompt: "What does 'Be good. Do good.' mean for MY life?"

Today's Practice: Write your personal manifesto. Use the template or create your own:

MY “BE GOOD, DO GOOD” MANIFESTO

I AM GOOD when I: _____

I DO GOOD by: _____

My non-negotiable values: _____

My unique expression of goodness: _____

When I face storms, I will: _____

The legacy I’m building: _____

My commitment to myself: _____

Evening Reflection: - Does this manifesto feel true? - What’s missing? - Who will I share this with?

Day 30: The Ongoing Journey

Morning Prompt: “This is not the end. This is the beginning.”

Today’s Practice: Review all 30 days. Answer:

The biggest change in me: _____

The hardest day was: _____

What I learned about “being good”: _____

What I learned about “doing good”: _____

One practice I’ll continue daily: _____

My next 30-day intention: _____

Evening Reflection:

Write a letter to yourself to open in 90 days:

Dear Future Me,

30 days ago, I started the “Be good, Do good” challenge. Here’s what I want you to remember:

The most important lesson I learned: _____

The practice that changed me most: _____

Don’t forget: _____

Keep doing: _____

I’m proud of you for: _____

Your compass still points true. Be good. Do good.

With love, [Your name] [Today’s date]

What's Next?

Continue the Journey: 1. Repeat this 30-day challenge every quarter 2. Use the Weekly Compass Check (Day 7 template) every Sunday 3. Share your manifesto with someone you trust 4. Invite others to take the challenge with you 5. Return to the book when you drift

Remember: You are not trying to be good. You are remembering that you are good.

Your compass: Be good. Do good.

Every day. Every choice. Every moment.

Tracking Your Progress

Optional: Create a simple tracker

Day	Completed	One Word to Describe Today
1		Aware
2		Honest
3		
...		
30		

Or use this simple daily check: - = Completed the practice - ~ = Tried but struggled - = Missed the day - = Breakthrough moment

Progress is not perfection. Progress is showing up.

For more resources, discussion, and community support, visit: <https://github.com/sattaru>