

# 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.

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## 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:

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### 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?

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### 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?

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### 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?

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## 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”?

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## 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:

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## 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. \_\_\_\_\_

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## 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?

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### 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?

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### 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?

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### 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?

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### 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?

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### 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?

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### 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:** \_\_\_\_\_

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## 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?

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### 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?

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### 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?

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### 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?

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### 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?

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### 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:** \_\_\_\_\_

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## 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?

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### 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”?

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### 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?

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### 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?

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### 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: \_\_\_\_\_

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### 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?

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### 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:** \_\_\_\_\_

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### 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:

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## 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: \_\_\_\_\_

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

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### 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:

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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]

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## 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.**

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## 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.**

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