

# 30 DAY CHALLENGE

## REINVENT YOURSELF



By The American Institute of Health Care Professionals, Inc.

# Introduction

Are you on a mission to reinvent yourself? Then you will know just how challenging it can be to tackle a complete overhaul of yourself.

The first thing you need to understand is that reinventing yourself is for you. You cannot continue to allow the people around you to label and define you. It's up to you to set your boundaries, define your values, and reinvent yourself as your authentic self.

When you are faced with obstacles, challenges, and problems you have a choice to make. You can allow it to destroy you or define you OR allow it to strengthen you.

## 2 Types Of Reinvention

We face periods in our lives when a reinvention is a necessity, and we often reinvent ourselves after we go through major changes, like new jobs, moves, and relationship issues. After major shifts, it's necessary to find new ways of doing things, new ways of thinking. Otherwise, you risk losing out on your potential.

Proactive reinvention entails a deliberate effort at forging a new you. In proactive reinvention, we're at a place that's safe and comfortable at that moment. Major life changes aren't immediately required. We might even be able to keep on coasting just as we are, but that's not a satisfying place for us anymore.

**Dare to be different, dare to reinvent yourself.**

# 30 Day Challenge: Reinvent Yourself

## Day One – Plan

You can think of the first day as a housekeeping exercise. Before you can launch your reinvention, you need to make sure your resilience is high and that you have a strong support system. Perhaps more importantly, you need a clear view of your self-image.

Resilience is what will help you overcome every obstacle you come up against. Though, there are times that your resilience will be in short supply and, in those moments, you will need to heavily rely on your support system. We are social creatures and sometimes we just need a boost.

You need to develop a clear picture of what you see yourself becoming. What is your ultimate goal? Forget your bad habits, push out of your comfort zone and beyond your self-perceptions. Now, be clear because it's this image that will serve as your reminder of why you are doing this.

The planning stage will require you to dig deep into your financial situation, as well as your emotional and psychological well-being. This is crucial to your success because, without this, it will be difficult to create a plan that is practical and realistic.

Ambition is great, but you have to have a plan that will truly work. Don't be afraid to tweak your plan as you get started – being flexible is important.

## Day Two – Set Realistic Goals

You can't just wake up in the morning and decide you're going to be someone completely different. It's okay to realize that the process will take some time and as such, you should take the time you need to set realistic goals.

You have probably heard this a million times, prepare to hear it repeatedly. It's the truth. You have to prepare to succeed and with that preparation will come a need for patience. It's impossible to solve a problem immediately, it's important that you

recognize that as you set your goals. You can dream big, and still make your goal achievable.

### **Day Three – Strengths**

Day three is all about searching yourself to discover your strengths. This might sound like a step you can skip but don't. Even if you have some idea of what your strengths are, there are probably more hiding that you didn't realize you possessed.

When you know your strengths, you can manage obstacles and stress efficiently. So, you can search yourself for strengths, ask your colleagues, speak to friends, and even take free online quizzes that will help you out.

Make a list of all your strengths.

### **Day Four – An Early Rise**

Even if you aren't a morning person, it's time to become one. You don't have to set your alarm for 4 in the morning, but you would do well to rise no later than 6 each morning. That goes for your days off as well.

You want to get into a healthy sleep routine. It will be much easier to manage it if you remain consistent. When you start getting up earlier, you will quickly see that you have more time to enjoy life.

Not only will your performance increase, but you will also have time for family, friends, hobbies and community commitments.

### **Day Five – Prioritize**

It's clear that your reinvention can't happen overnight, that's why this is a 30-day challenge. With patience and a bit of dedication, you can do this.

Day four is all about prioritizing your tasks. This is a transformation process that you want to run as smoothly as possible. Dedicate at least an hour of your day to pushing to achieve your goals.

To do this, you will need to prioritize and create to-do lists to manage your time efficiently. This is a habit that you should practice daily – and it might be the night before or the morning of with all that extra time you have from rising early.

Either way, be clear in the goals you find most important and how you plan to chase them.

## **Day Six – Habits**

It's easy to get caught up in what you want to change before you actually take a look at the habits that led you to this place. For example, perhaps your reinvention is to do with your weight. So, you decide that exercise is going to help you shift your gut. While that is true, you also need to consider the habits that led you to this point. Which means adjusting your diet *as well as* exercising.

If you want to reinvent yourself as a more relaxed person, then you have to consider what created the stressful environment in the first place. That means looking at your work habits, as well as your sleeping habits, diet, smoking, and alcohol intake.

A lot of habits go into building one major thing you want to change about yourself.

## **Day Seven – Your Support Team**

What type of people do you surround yourself with? It's time to take a closer look.

You want people that are encouraging, but also strong enough to challenge you. It isn't just about building a network of people who can open doors for you in your career. It's about finding people who will encourage you to be better, to do better.

You don't want people in your life if they simply drain you mentally, physically, and emotionally. Positivity counts.

## **Day Eight – Find a Mentor**

There is more than one type of mentor. So, don't feel as though you need a physical person that you know to fill the role. While it's nice to be able to turn to a direct mentor who can offer targeted guidance, you can also gain inspiration from authors or other public people.

For example, you may be in the tech world and want to rise through the ranks and obtain wealth in order to help others. A great indirect mentor for you would be Bill Gates. He doesn't just sit on his money, instead he goes out into the world and tries to use it to enrich others and make a lasting difference.

## **Day Nine – Learn**

It doesn't matter whether it's reading books, watching a webinar or attending a workshop. There are plenty of ways available for you to learn each day. Better yet, the majority of them are completely free. So, there really is no excuse.

Now that you are getting up earlier each morning, there will be plenty of time for you to enjoy a bit of learning. You might have to add it to your schedule, but if that's what it takes!

## **Day Ten – Radical Honesty**

Don't just be honest with others, prepare to be honest with yourself. As you reinvent yourself you will experience failure – and you have to get over it. It's difficult to talk about failures, especially with other people. We see it as a point of weakness. Yet, the more honest you are with others, the more help you can gain from them.

The same can be said of yourself, being honest internally can make a major difference to your success rate and how you bounce back from failures. Day ten might seem early for a lesson in failure, but... it isn't. It's the perfect point for you to look back on what you have accomplished so far.

## **Day Eleven – Step Into the Danger Zone**

Okay, maybe not quite... but definitely step outside of your comfort zone. We are creatures of habit and even when you sat down and set your plan and decided to break old habits, it's easy to slip back into them.

This is your opportunity to push outside the box. So, while you have spent the last ten days trying to break your nasty habits, it's time to break the mold.

Now is the time to try something new. Perhaps an art class, a hike, a video game. Look for something that will offer you a new way of doing something – something that will aid your ultimate goal for reinvention.

## **Day Twelve – Build a Group**

It's kind of *like* a support group... but it's different. This group should be people who are also focused on your area of reinvention. It could be people who are pushing to reinvent themselves the same as you, mingled with people who are currently doing what you want to be doing.

This group can provide you with support, advice, guidance, and essentially, an excellent place for you to spitball ideas. No one gets to where they are on their own, everyone has a bit of help sometimes.

When people talk about self-made millionaires, do you really think they got to that point without any assistance? It's literally impossible, no matter what you plan to reinvent yourself as.

## **Day Thirteen – Consider Yourself**

It's time to take a good long look at yourself but from the outside. Think about how an artist paints a picture and then takes a step back to look at it.

This is something that you should be doing regularly. It isn't about criticizing yourself, rather it's a critique.

So, what would you change? You're a work in progress, but that's okay because so is art, right? It isn't about judging yourself harshly, it's about self-awareness.

## **Day Fourteen – Practice**

By this point, you are two weeks into your 30-day challenge. This is a good point to remind you that you should be practicing most of these steps on a daily basis.

You can't reinvent yourself if you aren't willing to put the work in every day. This isn't a case of doing it sometimes and then taking a break on other days.

This is going to need your total dedication. That's the only way you will reach a point where your new habits become an unconscious action.

## **Day Fifteen – Experiment**

Don't be afraid to try new things. If you have set a plan to reinvent yourself as a blogger, you can still try different things like writing novels, poetry or short stories. If you want to reinvent yourself as an entrepreneur, then you can try your hand at different companies.

You don't need to feel constrained by just one thing. Yes, you made a plan that you should be focused on, but you shouldn't be afraid to try other things while you're at it. This is how you will find the right thing for you. This is especially important if even with your plan, you still aren't quite sure what to reinvent yourself as.

## **Day Sixteen – Start a Project**

Is there something that you have been putting off? A project that you talk about, but never actually do? Today is the day to start that project. It's time to stop talking about



and start doing it. It doesn't matter whether you've been talking about it for a few weeks, a couple of months or for *years*. Now is the time.

## **Day Seventeen – Go Exploring**

Sometimes you need a reminder and sometimes you need an inspiration. Luckily, you can get both of those things through a bit of exploration. You probably think we mean self-exploration, which is fine, but in this case, we mean the world around you. Is there somewhere in your city or county that you have never been?

Why not go check it out – whether it's the library, a church or a public figure. Go out and seek.

## **Day Eighteen – The Right Track**

Think back to a time when you felt as though you were on the right track. What was it that distracted you or caused you to veer off the road into a new direction? What were you working on at that point? It's time to return to that – whether it's a project you didn't finish or a feeling you had. It might just be the spark you have been looking for.

## **Day Nineteen – The Hardest Part**

What is the most difficult part of your day? That's what you should tackle first – the reinvention process requires resilience. You're going to need to persist and it will take grit to get to where you want to go.

A bit like that part of your day you hate the most. The most hated task is usually dubbed as such because it's time-consuming, difficult, and/or boring.

Once it's out of the way, you'll have a clear path to run the rest of your day like a machine. It will also give you a boost in motivation.

## **Day Twenty – The Best Part**

What do you *most* enjoy doing of a day? You should be making time for that, too. In fact, part of the reinvention process is allowing thoughts to come to the fore and really considering who you are and what you want to be. That means spending time doing the things that you love.

Don't ever be ashamed of that, and don't feel guilty about making time to do those things. It really doesn't matter whether it's hiking, painting, playing a video game or reading. If it inspires you, if it makes you feel more creative or connected, then do it.

## **Day Twenty-One – A Gratitude Jar**

You are now three weeks into the reinvention process. This is a good time to create a gratitude jar. You should make a note of at least one thing that you're grateful for each day. Pop it in your jar (or shoebox) and dig into your jar when motivation has left you.

The great thing about this is that you are taking the time to show gratitude every day and you can look back on some of those things when you are going through a difficult time.

You might have a day so bad you sit down and read every single piece of paper in your jar. That's okay, too. Alternatively, you can keep a gratitude journal that you can read back on when you feel the need.

## **Day Twenty-Two – Self-Care Routine**

One would hope you are already practicing self-care at this point in your life. However, the truth of the matter is that it's something that escapes a lot of people. Just think about all of the things that you do for other people and compare that with what you do for yourself.

How can you pour yourself into everyone and everything if you aren't refilling your own cup? It might be that you need a walk after work and before you walk into your

chaotic home. Perhaps you need a moment to yourself after dinner, whether it's in the bath or just some quiet time. Make it happen, it's important.

### **Day Twenty-Three – Squash Jealousy**

No matter how hard you work on yourself, it is all for nothing if you can't get a grip on jealousy. You might compare your life to a friend's life and feel jealous at what they have accomplished.

It's important that you pay attention to what it is that you're actually jealous of, though. What is it? It may be something that you are overlooking in your own life.

### **Day Twenty-Four – Dislike**

When you dislike someone, how do you react? Do you avoid hanging out with them or do you try to figure out *why* you dislike them? Sometimes what bothers you about others is what they are showing you about yourself.

For example, you hate a co-worker because he's selfish. He is always taking care of himself before he bothers with anyone else. That's annoying, right? Maybe it makes you *so* mad because you *never* look after yourself?

### **Day Twenty-Five – Let Go**

It's important that you truly let go of what was never meant for you, whether it's a relationship, an opportunity or something else. If you don't get it, then simply say goodbye.

## **Day Twenty-Six – Have Done List**

You have done the to-do list, now it's time to reflect with a different kind of list. Take a look back on the last few weeks and make a list of everything that you've done.

You don't have to restrict your list to this challenge period. You can go back further if it helps. This is an exercise that you can do at any time, whenever you start to feel stressed or anxious about your situation.

## **Day Twenty-Seven – Be Mindful of How You Treat Others**

Instead of telling you to live like it's your last day on earth, we're going to flip it and reverse it. Think instead about how you treat others. Are you kind and compassionate? Start treating everyone around you as though it's *their* last day on earth. How different would your treatment of others look?

## **Day Twenty-Eight – Visualize**

Go back to the start – and remember to keep hold of your vision for your future. Reinvention is not a smooth journey, the path will be long, the road will be winding. You will run into obstacles, you will encounter resistance. You must stay the course.

One of the ways you can do that is by constantly visualizing your reinvented self to remind you of what's at stake. If you find yourself slipping, visualize it. If you are procrastinating, visualize it.

Whenever you feel a lack of motivation, frustration or overwhelmed, visualize it.

## **Day Twenty-Nine – Stay the Course**

When you find yourself on the right path, stay the course. How will you know? It will feel right. If you reach a point where it doesn't feel right anymore... that's okay, too. That just means that it's time for you to change directions.

We spend a lot of time ignoring our instinct. Trust yourself and that inner voice that's guiding you. You know when something feels wrong, listen to that voice.

On the same note, you know when it's right and if it's right, it's right – keep on it.

## **Day Thirty – Look in the Mirror**

Self-reflection is important and this as this is day 30, now would be a good time to look back on all of the things you have accomplished so far. Your journey doesn't end here. This is merely the beginning.

More importantly, you don't need to wait until the end to reflect on your journey. In fact, it's something that you can pause to do each day.

At the end of every day, before you head off to bed, why not take a moment to consider (or journal) about what your experience has been.

Did you do everything that you could do?

Do you still have room to grow? Don't be afraid to ask tough questions of yourself. It's the best way to keep yourself on track.