30 day soul challenge

Created by Jess Williams

#30DAYSOUULCHALLENGE
#CREATELIVEGROW
Hello Beautiful!
If you are committing to the next 30 days then it is likely you are seeking ways to drop feelings of anxiousness, increase your confidence and/or are wanting to reconnect with the REAL you.

Remember, only YOU can create lasting change in YOUR life, so you should feel SO PROUD for seeking ways to do that!

I have personally found that in order to build confidence and connect with the real me, it takes small action every day. There will be harder days than others and that is OK. No one is perfect, we are all on our own journey.
The following is something I have always reminded myself - No matter what personality I have, anxiety or ANY emotion is not who I am. It doesn’t define me as a person, and it is NOT something I needed to experience forever.

It is merely an experience I have at times and one that will pass.

Anxiety for example is also something I have found I could work through, so that I noticed it less and less, till I barely noticed it at all. It IS possible.

It is likely you will have days (like I did) where you feel like you have taken 2 steps forward and 1-3 steps back, that is OK and completely normal!

We all need to find what works for us, this 30 Day Soul Challenge includes some of the tools that worked for me on my journey and will hopefully assist in yours too. After the 30 days you may like to tweak or add in your own things, I would love to hear what works for you!

Please remember these are simply tools and practices that worked for ME. I am merely sharing these with you in the hope that you can save time rather than searching and experimenting as much as I did.

If at any time something doesn’t feel right for you, please don’t feel pressured, everything is free will and we all have our own journey xx

Bring on the next 30 Days!

Jess Williams

(@create_live_grow)
what you will need...

Audio Device

Commitment

Facebook / Email
what it involves...

soul task

Each day a new Soul Task will be posted in the facebook forum and emailed to you. Commit to completing this every single day. Some you may find are a little out of your comfort zone - great! This is the PERFECT time to try new things and grow together! Let us know in the facebook group once you have completed the soul task and how you went!

gratitude

This is a ritual we will COMMIT to performing when we wake at least four times per week (every morning preferably!). Simply listen to the recording by Moira Williams (@pureheartcentre) either sitting or laying and follow the guided instructions. The audio track goes for approx 10 minutes and will assist you in creating a state of gratitude. It will also put you in a great mindset to achieve your goals for the day ahead. You will be amazed what a difference it can make to your day.

movement

In other words - some form of exercise. Commit to moving your body AT LEAST FOUR TIMES PER WEEK. Whether that be a walk, taking the stairs, doing a gym session, some yoga, playing with the kids, jumping on a trampoline, dancing around the house or banging out some squats. Get your body moving, energy flowing and your blood pumping. This doesn’t have to be an hour at the gym, simply whatever fits into your lifestyle and your routine. There are really no excuses for skipping this, as it is so simple to fit movement into your day, you might even do some squats while your waiting for the kettle to boil - simple - or chase the kids around the house for a game of hide and seek!
meditation

At least 4 times per week listen to the guided meditation by Moira Williams (@pureheartcentre). You can simply listen to it as you fall asleep. This will help you sleep better, wake up fresher and assist your subconscious mind to release anything that may be holding you back. As well as bring your mind back to the present moment.

this workbook

Take some time on the weekend before beginning this 30 Day Challenge to complete the questions in this Workbook. This will help you start the challenge with a clear intention, a commitment to yourself and a solid WHY as to why you MUST complete the full 30 Days.

Also, there is a 30 Day checklist, if it helps you to visually see what you need to complete each day then print out the next page (or create your own) and put it somewhere prominent in your house, highlight off each thing each day. If you miss something then commit to yourself to getting back on track the next day. YOU’VE GOT THIS! and I can’t wait to do this TOGETHER!
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gratitude</strong></td>
<td><strong>Gratitude</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
<tr>
<td><strong>Movement</strong></td>
<td><strong>Movement</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
<tr>
<td><strong>Meditation</strong></td>
<td><strong>Meditation</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gratitude</strong></td>
<td><strong>Gratitude</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
<tr>
<td><strong>Movement</strong></td>
<td><strong>Movement</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
<tr>
<td><strong>Meditation</strong></td>
<td><strong>Meditation</strong></td>
</tr>
<tr>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
<td><img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /> <img src="image" alt="Circle" /></td>
</tr>
</tbody>
</table>
complete these questions....

Why is it important for you to build self confidence and a connection with the REAL you?

What experiences have you had in the past that you no longer wish to have in your life?

How could your life be different without these experiences anymore?

Is there a time in your life that you remember having confidence and feeling happy and carefree? How would you describe the way you felt? This could be any age.

Are you committed to taking action EVERY day to discovering the REAL YOU and lasting confidence?

How are you going to make sure that you stay committed to the FULL 30 Days?
What now?

Go back to the 30 Day Soul Challenge Member Page [http://createlivegrow.com/30-day-soul-challenge/](http://createlivegrow.com/30-day-soul-challenge/) and check out the audio tracks that are included. You can either listen to these online or download them from soundcloud onto your device.

Today - Print or create your own Soul Challenge checklist and stick it up somewhere. Most importantly take time to answer the questions in this workbook. We start Monday morning!

On Monday begin the day with your first gratitude audio track and then check the facebook page or email for your first Daily Soul Activity...Woohoo! xxx

#30daysoulchallenge

#clgrealbabe

#createlivegrow
PS.

I can’t wait to join you on this journey!

I would love to see you contributing to the page and supporting others as you can!

Don’t forget to download the Create Live Grow app - it’s free! Simply search ‘createlivegrow’ in the app store on both apple and android! 