



LIVE LIGHT. BE WELL.

Live LIGHT — 30 — CHALLENGE

A 30-DAY JOURNEY TO
RELEASE, REALIGN & BECOME

Free
Official Companion Guide
GUIDE



WATER
NOURISH



MOVEMENT
ENERGIZE



JOURNAL
REFLECT



CHALLENGE
GROW

30 DAYS OF SIMPLE CHOICES FOR A LIGHTER, MORE INTENTIONAL LIFE



LIVE LIGHT. BE WELL.

WELCOME, *Beautiful Soul*



This challenge is your invitation to slow down,
let go, realign, and step into the person
you are becoming.



RELEASE
the weight



REALIGN
your mind



BUILD
new rituals



STEP INTO
becoming



You don't have to have it all figured out.
You just have to *be willing.*



HOW TO USE THIS GUIDE



FOLLOW THE DAILY PRACTICES

Each day includes four simple practices:
Water, Movement, Journal, and Challenge.



TAKE IT ONE DAY AT A TIME

You don't have to be perfect.
Just be consistent. Small actions create big change.



JOURNAL YOUR THOUGHTS

Use the prompts and reflection questions
to gain clarity and track your growth.



EMBRACE EACH CHALLENGE

Step outside your comfort zone
and watch your confidence grow.



BE KIND TO YOURSELF

This is your journey. Honor where
you are and celebrate every win.

Inside This Guide



- ♥ 30 Days of Simple, Powerful Practices
- ♥ Daily Prompts & Reflections
- ♥ Weekly Themes to Keep You Focused
- ♥ Tools to Help You Realign & Grow
- ♥ A Manifesto to Declare Your Becoming

30 Days of Simple Choices for a Lighter, More Intentional Life.

30-DAY Tracker

PRACTICE SIMPLE HABITS. MAKE INTENTIONAL CHOICES.

Complete each daily task and check the box when you're done.
Stay consistent, be kind to yourself, and celebrate your progress!

DAY	 WATER NOURISH Drink your Water.	 MOVEMENT ENERGIZE Move Your Body for at least 20 minutes.	 JOURNAL REFLECT Write it down.	 CHALLENGE GROW Complete the day's challenge.
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30	☐	☐	☐	☐

WEEK 1: RELEASE *The Weight*

LET GO. RESET. MAKE SPACE FOR YOU.

This week is all about releasing what no longer serves you—physically, mentally, and emotionally. You'll build simple habits that support your body, clear your mind, and create space for intentional growth.

WEEK 1 FOCUS



Release what's holding you back so you can feel lighter in body, mind & spirit.

WHAT TO EXPECT THIS WEEK

- ✓ Establish your daily routine with 4 simple habits
- ✓ Improve energy & mood
- ✓ Create mental clarity & emotional relief
- ✓ Build momentum & confidence

YOUR DAILY HABITS



WATER NOURISH

Hydrate your body, support digestion, and flush out what you no longer need.



MOVEMENT ENERGIZE

Move your body daily to boost circulation, uplift your mood & release tension.



JOURNAL REFLECT

Check in with your thoughts, practice gratitude, and release what's weighing you down.



CHALLENGE GROW

Step out of your comfort zone and build the strongest version of you.



This is your
fresh start.

You don't have to be perfect—just committed.

WEEK 1 AFFIRMATION

I release what no longer serves me and make space for a healthier, happier me.



YOU'VE GOT THIS! ONE SMALL STEP TODAY CREATES BIG CHANGE TOMORROW.

DAYS 1-3

Your First Steps

SMALL ACTIONS. BIG SHIFTS.

These first three days are all about creating clarity, clearing space, and protecting your peace. Start here. Start simple. Start for you.



DAY 1

DECLARE WHO YOU *are becoming.*

Clarity creates momentum. Take a few minutes to write down the version of you that you are becoming—your habits, mindset, confidence, and energy. Speak it. See it. Step into it.



DAY 2

DECLUTTER A SMALL SPACE *in your home.*

Clear the physical, clear the mental. Choose one small area—a drawer, shelf, or corner—and declutter it. Letting go of what you don't need creates space for what truly matters.



DAY 3

UNFOLLOW FIVE SOCIAL MEDIA *accounts that trigger comparison.*

Protect your peace and your perspective. Unfollow five accounts that make you doubt, compare, or feel less than. Make space in your feed for inspiration, not insecurity.



YOU DON'T HAVE TO DO EVERYTHING. JUST TAKE THE NEXT RIGHT STEP.

One choice today. A better you tomorrow.

DAYS 4-7

Keep Going, Keep Growing

These next four days are about protecting your peace, honoring your energy, and focusing on what truly matters. Little by little, you are becoming unstoppable.



DAY 4

WRITE A FORGIVENESS LETTER *you do not have to send.*

Release what's been weighing on your heart. Write to someone who hurt you or to your past self. Forgiveness is for you, not them. Set yourself free.



DAY 5

SAY NO TO SOMETHING *that drains your energy.*

Your time and energy are precious. Choose one thing you can say no to today—without guilt. Boundaries protect your peace and create space for what truly matters.



DAY 6

TAKE A 20 MINUTE *silent walk.*

Step outside. Put your phone away. Be present. Notice your surroundings, your breath, your thoughts. Let the stillness reset your mind and uplift your spirit.



DAY 7

WRITE TEN THINGS *you are grateful for.*

Gratitude shifts your focus to the good. Write down ten things—big or small! This simple habit rewires your mind for more joy, peace, and abundance.



YOU ARE BUILDING A BETTER YOU, ONE CHOICE AT A TIME.

Proud of you. Keep going.

WEEK 2: REALIGN *Your Mind*

RESET YOUR THOUGHTS. STRENGTHEN YOUR FOCUS. CHOOSE YOUR MINDSET.

This week is about becoming more aware of your thoughts and replacing what no longer serves you with clarity, confidence, and empowering beliefs.

WEEK 2 FOCUS



Realign your mind with what supports your growth, peace, and purpose.

WHAT TO EXPECT THIS WEEK

- ✓ Build mental clarity & reduce overthinking
- ✓ Challenge negative thought patterns
- ✓ Strengthen self-trust & confidence
- ✓ Create space for positivity & gratitude
- ✓ Focus on what you can control

YOUR DAILY HABITS



WATER NOURISH

Hydrate your body, clear your mind, and support focus and energy.



MOVEMENT ENERGIZE

Move daily to release stress, boost mood, and sharpen your mental clarity.



JOURNAL REFLECT

Write to process your thoughts, shift your mindset, and build self-awareness.



CHALLENGE GROW

Step outside your comfort zone and grow into your strongest self.



A clear mind
creates a
powerful life.

WEEK 2 AFFIRMATION

*I choose thoughts
that support me,
strengthen me, and
move me forward.*



YOUR MIND IS POWERFUL. ALIGN IT WITH WHAT MATTERS
AND WATCH YOUR LIFE TRANSFORM.

DAYS 8-10

*Realign Your Thoughts,
Reclaim Your Power*

Your mindset shapes your reality. These next three days will help you challenge old patterns, create mental space, and connect with the version of you you're becoming.

DAY 8

IDENTIFY A LIMITING BELIEF
and rewrite it.

Limiting beliefs hold you back from your potential. Write down one belief that no longer serves you and replace it with a powerful, empowering truth. Choose a new belief that supports the life you want to create.

DAY 9

SPEND 30 MINUTES
without screen time.

Give your mind a break and reconnect with the present moment. Use this time to read, journal, reflect, go outside, or simply be still. Presence creates peace.

DAY 10

WRITE A LETTER TO
your future self.

Write to your future self one year from now. Encourage them. Remind them of their goals. Share your dreams and the strength you know they'll need. Seal it, save it, and open it when the time is right.



YOUR THOUGHTS TODAY SHAPE YOUR TOMORROW.

Choose wisely. Believe deeply. Grow boldly.

DAYS 11-14

Shift Your Focus, Elevate Your Life

These four days are about connection, perspective,
self-discovery, and expression.
Small shifts in your day can create big shifts in your life.



DAY 11

COMPLIMENT 3 PEOPLE *today.*

Spread positivity and make someone's day.
A genuine compliment can uplift others and
boost your own mood and mindset.



DAY 12

SPEND TIME OUTDOORS *in nature.*

Step outside and soak in the beauty around you.
Nature reduces stress, clears your mind,
and renews your energy.



DAY 13

WRITE THREE THINGS *that make you unique.*

Celebrate what sets you apart.
Recognizing your uniqueness builds confidence
and reminds you of your value.



DAY 14

DO SOMETHING *creative.*

Paint, draw, write, dance, cook—create something
just for the joy of it. Creativity is a powerful
outlet that nourishes your soul.



NURTURE JOY. EXPRESS YOURSELF.
You are creating a life you love.



WEEK 3: BUILD *New Rituals*

PRACTICE HABITS THAT NOURISH YOUR BODY, MIND, AND SOUL.

This week is about building intentional routines that support your well-being, reduce stress, and help you show up more fully—each day.

WEEK 3 FOCUS



Practice daily rituals that bring balance, joy, and consistency to your life.

WHAT TO EXPECT THIS WEEK

- ✓ Build sustainable habits one intentional choice at a time.
- ✓ Make space for self-care and rest
- ✓ Support your energy and motivation
- ✓ Create structure and flow in your days
- ✓ Strengthen discipline and self-respect

YOUR DAILY HABITS



WATER NOURISH

Hydrate your body, clear your mind, and support focus and energy.



MOVEMENT ENERGIZE

Move daily to release stress, boost mood, and support your body and mind.



JOURNAL REFLECT

Write to process your thoughts, shift your mindset, and build self-awareness.



CHALLENGE GROW

Step outside your comfort zone and grow into your strongest self.



Your daily rituals support the life you're creating.

WEEK 3 AFFIRMATION

I choose habits that nurture me, empower me, and align me with the life I want to create.

SMALL RITUALS. GENTLE CONSISTENCY.
MEANINGFUL PROGRESS.

DAYS 15-17

Build Habits, Create Change

These next three days are about taking intentional action to care for yourself and build habits that support the life you're creating.



DAY 15

CREATE A SIMPLE *morning ritual.*

Start your day with intention.

Choose 2-3 activities that ground, energize, and set a positive tone for your day.

Consistency today creates momentum tomorrow.



DAY 16

COOK A NOURISHING *meal.*

Nourish your body so you can show up as your best self.

Choose whole, real ingredients that fuel your body and support your energy and mood.



DAY 17

WRITE DOWN 5 DREAMS *you have for life.*

Dreaming gives your life direction.

Write freely and without limits.

Your dreams matter—and they are worth pursuing.



SMALL HABITS TODAY, BIG CHANGES TOMORROW.

Keep showing up for yourself.

DAYS 18-21

Build New Habits, Live with Intention

These four days are about protecting your energy,
being present, speaking kindly,
and making space for rest and reflection.

PRACTICE SIMPLE HABITS.
MAKE INTENTIONAL CHOICES.



DAY 18

AVOID GOSSIP AND
COMPLAINING *for one day.*

Speak life, not negativity. Be mindful of your words
and the energy you bring to every conversation.
Protect your peace and uplift others.



DAY 19

EAT ONE MEAL
without distraction.

Savor your food. Put your phone away, turn off the TV,
and focus on the flavors, textures, and nourishment.
Mindful eating strengthens your body and your presence.



DAY 20

WRITE 5
affirmations.

Speak powerful, positive words over your life.
Write five affirmations that remind you of
your worth, strength, and potential.



DAY 21

PRACTICE INTENTIONAL
rest.

Rest is productive. Take time to relax, recharge,
and do something that brings you peace.
You can't pour from an empty cup.

REST. RESET. REALIGN.

You are becoming your best self.

WEEK 4: STEP INTO *Becoming*

YOU'VE MADE SPACE. NOW KEEP CHOOSING WHO YOU'RE BECOMING.

This week is about making intentional choices, building self-trust, and taking meaningful steps toward the life you want to create.

WEEK 4 FOCUS



Practice choosing what reflects your values, supports your growth, and moves you forward.

WHAT TO EXPECT THIS WEEK

- ✓ Practice trusting yourself through intentional choices.
- ✓ Take meaningful steps toward your future
- ✓ Notice and challenge self-doubt
- ✓ Recognize and celebrate your progress
- ✓ Create space to imagine what comes next

YOUR DAILY HABITS



WATER NOURISH

Hydrate your body, fuel your energy, and support your becoming.



MOVEMENT ENERGIZE

Move daily to boost strength, release stress, and build momentum.



JOURNAL REFLECT

Write to reflect, notice your growth, and clarify what matters to you.



CHALLENGE GROW

Try something new, stretch beyond what feels familiar, and keep growing.



You didn't come this far to stop now.

WEEK 4 AFFIRMATION

I trust myself to keep growing, choosing with intention, and becoming more of who I am.

KEEP CHOOSING. KEEP GROWING.
KEEP BECOMING—ONE INTENTIONAL STEP AT A TIME.

DAYS 22-24

Make Choices That Reflect Who You're Becoming

These three days are about intentional choices
that move you forward, clear out what weighs you down,
and open the door to new possibilities.



DAY 22

DO ONE THING YOUR FUTURE SELF WOULD DO.

What would your future self choose today?
Take one small action that reflects the life
you're building and the person you want to become.



DAY 23

DONATE OR RELEASE AT LEAST 5 ITEMS *you no longer need.*

Release physical clutter to create space
for new energy and opportunities.
Letting go is a powerful act of self-care.



DAY 24

SIGN UP TO LEARN OR TRY SOMETHING NEW. *Try, explore, and grow.*

Sign up for a class, workshop, experience, or
activity you've been curious about. Small steps
into something new create confidence and possibility.



YOU GROW EVERY TIME YOU CHOOSE TO SAY YES TO YOU.
Keep choosing you. Keep becoming you.

DAYS 25-27

Reflect, Envision, and Heal

These final days help you reflect on your growth, envision your future, and practice self-forgiveness so you can move forward with a light heart.



DAY 25

WRITE DOWN AT LEAST
one lesson that you have learned
THIS YEAR.

Reflect on the highs, lows, challenges, and wins. What has this year taught you about yourself, life, and what truly matters? Write it down and honor your growth.



DAY 26

VISUALIZE YOUR DREAM LIFE.
Write it in detail.

Where do you live? What do your days look like? Who is in your life? How do you feel? Be specific and paint a clear picture of your ideal life. Dream big—you deserve it.



DAY 27

FORGIVE YOURSELF.
You are human.

I release myself from...
Let go of guilt, mistakes, and self-judgment. Speak to yourself with kindness and understanding. You are doing the best you can, and that is enough. Forgiveness frees you to move forward.

YOU ARE GROWING. YOU ARE CHANGING.
YOU ARE BECOMING YOUR BEST SELF.
Keep going. The best is yet to come.

DAYS 28-30

Connect, Celebrate, and Commit to Your Light

These final days are about connection, celebration, and stepping fully into your next chapter. You've made meaningful choices—now carry them forward.



DAY 28

SPEND TIME WITH SOMEONE *who uplifts you.*

Connect with someone who inspires, supports, and encourages you to keep growing. Positive energy is contagious. Choose connection that feeds your soul.



DAY 29

CELEBRATE YOUR PROGRESS. *Reflect on what you've noticed.*

Look back on the past 29 days. Where have you grown, shifted, or begun to heal? Honor how far you've come—this matters.



DAY 30

WRITE YOUR LIVE LIGHT MANIFESTO. *Who are you now? What do you refuse to carry anymore?*

Declare your truth. Own your growth. Write a powerful statement of who you are becoming and what you are committed to living. This is your next chapter—on your terms.

- ♥ Who am I becoming?
- ♥ What values will guide me from here?
- ♥ What will I no longer carry?

YOU DID THE WORK. YOU CHOSE YOU.
NOW GO LIVE YOUR LIGHT—BOLDLY AND BEAUTIFULLY.



YOU DID IT!

LIVE LIGHT 30

Wrap-Up

Thirty days. Countless small choices.

One intentional beginning—
*a lighter, clearer, more intentional
way forward.*

THIS ISN'T THE FINISH LINE.
IT'S THE BEGINNING OF LIVING LIGHT.

You've begun building momentum. You've practiced new habits.

You've made space to realign with what matters most.

Now it's time to reflect, celebrate, and keep moving forward—
one intentional choice at a time.

Small
choices lead to
powerful
change.

REFLECT ON YOUR JOURNEY



LOOK BACK

What are you most
proud of from these
30 days?



LOOK WITHIN

How have you grown
mentally, emotionally,
and spiritually?



LOOK AHEAD

What habits will you
continue? What kind of life
are you creating?



WHAT YOU'VE BEGUN

- ✓ You've begun building momentum.
- ✓ You've practiced new habits.
- ✓ You've made space to realign with what matters most.
- ✓ You've shown up for yourself.
- ✓ You've let go of what no longer serves you.
- ✓ You've taken steps toward your best life.

That is something to celebrate!



KEEP THE LIGHT GOING

- 💧 Keep your daily habits simple & intentional.
- ♥ Return to the practices that ground and energize you.
- 🌿 Give yourself grace on the harder days. You're human.
- ★ Surround yourself with people and environments that uplift you.
- ☀ Keep choosing you. Every single day.

Thirty days. Countless small choices. One intentional beginning—
a lighter, clearer, more intentional way forward.

FOLLOW A. MC LIFESTYLE ON ALL PLATFORMS



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A. Mc.Lifestyle

amclifestyle.com



My LIVE LIGHT Manifesto

I choose to live with intention. I choose to live light.

This is who I am. This is how I choose to live.



I CHOOSE ME.

I honor my worth, my dreams, and my peace.



I CHOOSE GROWTH.

I welcome change, embrace challenges,
and keep becoming.



I CHOOSE LIGHT.

I focus on what lifts me up
and let go of what weighs me down.



I CHOOSE WELLNESS.

I nourish my body, strengthen my mind,
and protect my peace.



I CHOOSE PURPOSE.

I live with meaning, follow my passions,
and create a life I love.



I CHOOSE CONTRIBUTION.

I show up, I give with love,
and I make the world a little better.



I am becoming
more of who I am.

I am living light—
boldly, beautifully,
and unapologetically.



*This is my promise.
This is my life.*

MY PROMISE TO MYSELF

I commit to living my days with intention,
choosing what reflects my values,
and creating a life that feels true to me.

Signed: _____



Date: _____



"You are the author of your life." Make it a beautiful story.



A Final Note From Me

Your Light is Your Legacy



Hello Loves,

You did it. You made space for 30 days of choosing yourself with greater intention.

Live Light 30 was never about perfection. It was an invitation to slow down, release what no longer serves you, realign with what matters, and begin building a life that feels lighter, healthier, and more like your own.

Maybe you completed every challenge.
Maybe you missed a few days.
Maybe one small practice stayed with you.

It all counts.

Because this journey was never about becoming a completely different person in 30 days.

It was about noticing.

Choosing.

Releasing.

Realigning.

And beginning again—with intention.

You have already taken the first step.

Now, the journey can go deeper.

I'm so grateful you allowed A. Mc Lifestyle to be part of your journey.

Keep choosing what nourishes you.
Keep releasing what weighs you down.
Keep becoming—at your own pace, in your own way.

Wherever your journey takes you, keep choosing what brings you peace. Keep becoming—one intentional choice at a time.

Live Light. Be Well.

A. Mc
Founder, A. Mc Lifestyle



READY TO GO DEEPER?

Live Light 30 was your beginning.

The free challenge helped you create awareness, make intentional choices, and begin exploring what it means to live lighter.

But lasting change often asks us to go deeper.

To understand the patterns.

To examine the relationships.

To strengthen the rituals.

To make room for what comes next.

That next chapter is being built now.



REFLECT DEEPER

Go beyond the daily challenge with guided reflection designed to help you understand what you're carrying—and what you're ready to release.



BUILD WITH INTENTION

Create sustainable rituals, boundaries, and practices that support the life you are becoming.



STAY CONNECTED

Continue the journey through A. Mc Lifestyle content, conversations, tools, and future experiences created to help you live lighter and live well.

CONTINUE THE JOURNEY

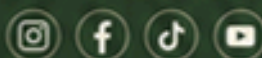
Your next chapter doesn't need to be rushed.
It only needs to be intentional.

Join the A. Mc Lifestyle community for deeper tools, new experiences, and first access to what's coming next.

Visit:

www.theamclifestyle.com

Follow A. Mc Lifestyle on all platforms



Live Light. Be Well.

Thank you for trusting me with this part of your journey.

Your Light is still unfolding.