



LIVE LIGHT. BE WELL.

Live LIGHT

30 CHALLENGE

A 30-DAY JOURNEY TO
RELEASE, REALIGN & BECOME

Free Challenge

STARTER EDITION



WATER
NOURISH



MOVEMENT
ENERGIZE



JOURNAL
REFLECT



CHALLENGE
GROW

30 DAYS TO A LIGHTER MIND, HEALTHIER BODY & BRIGHTER YOU.



LIVE LIGHT. BE WELL.

WELCOME, *Beautiful Soul*

This challenge is your invitation to slow down,
let go, realign, and step into the woman
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.*



*Small choices.
Big change.
Live Light.
Be Well.*

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 TO A LIGHTER MIND, HEALTHIER BODY & BRIGHTER YOU.

30-DAY Tracker

BUILD SIMPLE HABITS. CREATE LASTING CHANGE.

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 <hr/> Drink your Water.	 MOVEMENT ENERGIZE <hr/> Move Your Body for at least 20 minutes.	 JOURNAL REFLECT <hr/> Write it down.	 CHALLENGE GROW <hr/> Complete the day's challenge.
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 lasting change.

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
- ✓ Begin to reduce bloat & inflammation
- ✓ 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.

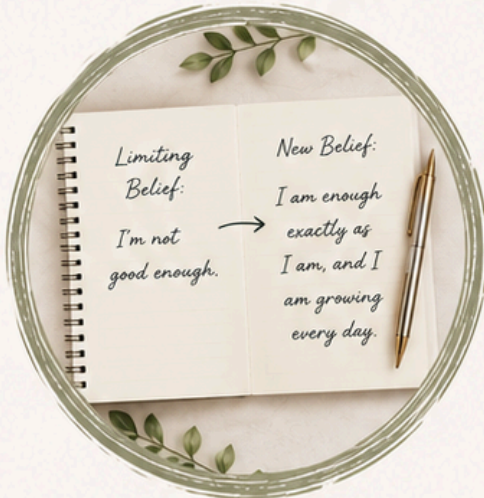


YOUR MIND IS POWERFUL. ALIGN IT WITH WHAT MATTERS AND WATCH YOUR LIFE TRANSFORM.

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: CREATE *New Rituals*

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

This week is about creating intentional routines that support your well-being, reduce stress, and help you show up as your best self—every day.

WEEK 3 FOCUS



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

WHAT TO EXPECT THIS WEEK

- ✓ Build sustainable habits that support you
- ✓ Make time for self-care and rest
- ✓ Increase 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 strengthen 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 create your future.

WEEK 3 AFFIRMATION

I choose habits that heal me, empower me, and align me with the life I desire.

RITUALS CREATE RHYTHM.
RHYTHM CREATES RESULTS.