

Mirror Talk: 30-Day Lead Yourself Challenge

One rep a day. One standard at a time.

Day	Daily Leadership Action	✓	Notes / Wins
1	Mirror Talk Starter: 'This is who I've been...'		
2	Audit the Drift – 3 areas you've let slide		
3	Eliminate one escape for 24 hrs		
4	List your common triggers + new responses		
5	Write your personal standard		
6	Do the one thing you've been avoiding		
7	Reflect: 3 lessons from Week 1		
8	No snooze. No phone. Get up.		
9	30-minute focus block		
10	Move your body intentionally		
11	Eat one energizing, clean meal		
12	Keep one micro-promise		
13	Win the evening—unplug & plan		
14	Journal: what excuse keeps showing up?		
15	Mirror statement: 'I am leading myself today.'		
16	Replace one habit today		
17	Have the hard conversation		
18	Track your input (media, content, food)		

- 19 Do something hard *without* motivation
- 20 Align one full hour with your future self
- 21 Ask: 'What needs to change from here?'
- 22 Lead someone else today
- 23 Silent walk: no phone, no noise
- 24 Deep clean your space
- 25 Cut one comfort for 24 hours
- 26 Make a bold move (apply, launch, pitch)
- 27 Plan your next 90 days
- 28 Revisit Day 1's mirror—what's changed?
- 29 Teach what you've learned to someone else
- 30 Write your new leadership statement

Challenge Completed? Write one word that describes how you feel now: _____

Sign it: _____ Date: _____