

WELCOME TO THE 30-DAY REFRAMING CHALLENGE!

The mission? Uncover and shake off limiting thought patterns to pave the way for a refreshed and healthier perspective.

Our thought processes are like all creatures of habit that stick to their favorite paths along the well-trodden neural highways in our minds. Once a mental system or belief structure is locked in, our minds often stay in autopilot mode, recycling the same old thought patterns.

But, if we want to renew our thinking and create new patterns of thought, then we are going to need to identify and replace our existing thought patterns. Cue this 30-day challenge - your invitation to disrupt unwanted thought patterns.

Some days, this process will feel fairly simple and uneventful. On other days, this process will challenge you to step outside of your comfort zone. By the end of this 30-day journey, the goal is to cultivate the soil of your mind, allowing fresh, healthier thought processes and perspectives to emerge.

Just know we're here on the sidelines, cheering you on every step of the way as you embark on this constructive journey to rethink your thought processes.

Two tips as you get started:

1. Start off this process with prayer. Even if this seems new or foreign to you, say a simple pray and invite God to begin to reshape your thinking.
2. Journal your way through. This may also feel like something quite foreign for some. But, this is also another strategy to not only identify current thought patterns, but this will help you track the progression of your thoughts

Good Luck and happy reframing!

30-DAY REFRAMING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Print this challenge & put it somewhere visible	Keep a thought record	Take a 10-minute walk	Do something that brings you joy	Intentionally reframe an unhelpful thought
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Journal 5 gratitudes	Detox from social media	Do a random act of kindness	Reflect on your thought record from last week	List 3 true thoughts to rehearse during a stressful situation
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try something new	Reflect on Philippians 4:8	Get an Extra Hour of Sleep	Engage in self-reflection	Notice how your thoughts have shifted since day 1
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Extend grace to yourself	Practice being flexible	Do something spontaneous	Get rid of "should" statements	Spend time with someone who makes you laugh
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Identify 3 dominant emotions from today	Challenge a negative thought about yourself	Identify 3 stressors	Send a "Thank You" Note	Spend 10 minutes in silence & solitude
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day	Call a friend	Practice the A-B-C method (see below)	Watch sunset or sunrise	Reflect on the month & journal your thoughts

JOURNALING PAGE

LIST 3 TRUE THOUGHTS TO REHEARSE DURING STRESSFUL SITUATIONS

1.

2.

3.

IDENTIFY 3 DOMINANT EMOTIONS FROM TODAY

1.

2.

3.

PPRACTICE THE A-B-C METHOD

A - What is the antecedent/trigger to your belief or thought?

B. - What is the belief/thought? Identify it and write it down.

C - What is the consequence of the belief/thought? What happened? How did you react?
