

The 7-Day Better Life Jumpstart Challenge

Take Action. Live Better.



Welcome to Your Better Life Jumpstart!

Hello and welcome!

You're here because you're ready to take action and make positive changes in your life. We believe that a better life isn't just a dream – it's a series of small, intentional actions you take every single day.

This 7-Day Better Life Jumpstart Challenge is designed to give you a taste of what's possible when you focus on one positive step each day. It's not about perfection; it's about progress. Each day, you'll tackle a simple, actionable task that will contribute to a more mindful, productive, and joyful you.

Ready to begin? Let's jumpstart your journey to a better life!



How to Use This Guide

- **One Day, One Action:** Focus on completing the task for the current day. Don't try to do everything at once!
- **Be Present:** Pay attention to how you feel before, during, and after each action.
- **Reflect:** Use the "Moment to Reflect" prompts to cement your learning and insights.
- **Be Kind to Yourself:** If you miss a day, simply pick up where you left off. The goal is consistency, not perfection.
- **Share Your Journey:** We'd love to hear about your progress!

Notes



Day 1: Mindful Morning Moment

Theme: Presence & Calm

- **The Action:** Start your day with a 5-minute mindful moment. This could be simply observing your breath, listening to the sounds around you, or mindfully sipping a cup of tea/coffee without distractions (no phone, no TV).
- **Why it Matters:** Cultivating presence helps reduce stress and sets a calm, intentional tone for your day.
- **Moment to Reflect:** How did those 5 minutes feel? Did you notice any subtle sensations or sounds you usually miss? How did it impact the start of your day?

Morning Reflection notes



Day 2: The 15-Minute Productivity Burst

Theme: Focused Action & Accomplishment

- **The Action:** Choose one task you've been putting off (big or small) and dedicate just 15 uninterrupted minutes to it. Set a timer and commit to working only on that task until the timer rings.
- **Why it Matters:** Breaking down daunting tasks into small bursts makes them feel achievable and builds momentum.
- **Moment to Reflect:** What did you manage to accomplish in just 15 minutes? How did it feel to tick something off your list?

15 minute productivity notes



Day 3: Hydration Power-Up

Theme: Physical Well-being & Energy

- **The Action:** Today, consciously aim to drink an extra glass (or bottle) of water than you normally would. Keep a water bottle handy and sip throughout the day.
- **Why it Matters:** Proper hydration impacts energy levels, mood, and cognitive function – fundamental for a "better life."
- **Moment to Reflect:** Did you notice any difference in your energy or focus today? How easy or challenging was it to increase your water intake?

Hydration Power Up notes



Day 4: Gratitude Snapshot

Theme: Positive Mindset & Appreciation

- **The Action:** At three different points throughout your day, pause and identify one thing you are genuinely grateful for in that moment. It could be as simple as warm sunshine, a good song, a kind word, or a comfortable chair. Jot them down if you wish.
- **Why it Matters:** Practicing gratitude shifts your focus towards the positive, improving overall happiness and perspective.
- **Moment to Reflect:** How did actively looking for things to be grateful for change your perception of your day? Did you find joy in unexpected places?

Gratitude notes



Day 5: Digital Declutter (Small Scale)

Theme: Simplification & Mental Space

- **The Action:** Dedicate 10 minutes to a small digital declutter. This could be:
 - Deleting 10 old photos from your phone.
 - Unsubscribing from 3 unwanted email newsletters.
 - Organizing 5 apps into a folder on your phone's home screen.
 - Cleaning up your computer desktop.
- **Why it Matters:** A cluttered digital space often leads to a cluttered mind. Small declutters reduce overwhelm.
- **Moment to Reflect:** How did clearing out a small corner of your digital world feel? Did it create a sense of lightness or efficiency?

Digital Declutter notes



Day 6: Learn Something New (10 Minutes)

Theme: Growth & Curiosity

- **The Action:** Spend just 10 minutes today learning something new. This could be:
 - Watching a short educational video on a topic of interest.
 - Reading an article about a new skill.
 - Listening to a podcast snippet.
 - Looking up a word you don't know.
- **Why it Matters:** Continuous learning keeps your mind active, expands your horizons, and fosters personal growth.
- **Moment to Reflect:** What did you choose to learn, and what was one new thing you discovered? How did this brief learning session make you feel?

Learn Something New notes



Day 7: Reflect & Plan

Theme: Integration & Future Vision

- **The Action:** Take 15-20 minutes to reflect on the past 6 days of the challenge. Then, choose one positive action from this challenge that you want to integrate more consistently into your life going forward. Write down a simple plan for how you'll do it.
- **Why it Matters:** Reflection helps solidify new habits and insights. Planning ensures that inspiration turns into lasting change.
- **Moment to Reflect:** Which action resonated most with you? What is your simple plan to keep it going? How has this challenge impacted your perspective on making small changes?

Reflect and Plan notes



Your Journey Doesn't End Here!

Congratulations on completing The 7-Day Better Life Jumpstart Challenge! You've taken powerful steps towards a more intentional and fulfilling life.

Remember, a "better life" is an ongoing journey, not a destination. It's built on consistent, small actions.

What's next? We're here to support you every step of the way. Visit www.betterlifeaction.com for more practical tips, guides, and resources to help you continue building the life you love.

Thank you for joining us on this journey!



GOAL SETTING WORKSHEET

MY GOAL

STEPS TO REACH MY GOAL

- _____
- _____
- _____
- _____

TARGET DATE

**BETTER
LIFE
ACTION**

7-DAY HABIT TRACKER

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