

1 30-Day Personal Growth Challenge

Small Steps Toward a Stronger, Wiser, and More Faith-Filled You

Take one small step each day. You don't have to do it perfectly—just show up, reflect, and keep going.

Week 1: Gratitude & Self-Awareness

1. Write down 5 things you're grateful for today.
2. List 3 strengths God has given you.
3. Reflect on one area of your life you want to grow in.
4. Write a prayer asking God for wisdom.
5. Compliment someone genuinely.
6. Take a break from social media today.
7. Go outside and thank God for His creation.

Week 2: Faith & Identity

8. Read a chapter from Proverbs.
9. Write down your favorite Bible verse and why it matters to you.
10. Memorize a new scripture.
11. Journal about a time you felt close to God.
12. Listen to a worship song and write how it makes you feel.
13. Pray for someone who hurt you.
14. Write a list of "I am..." truths from God's Word (e.g., "I am loved," "I am chosen").

Week 3: Relationships & Kindness

15. Text or write a kind note to a friend or family member.
16. Do something helpful at home without being asked.
17. Reflect on a hard conversation and what you learned.
18. Practice active listening in your next conversation.
19. Forgive someone in your heart—even if they haven't apologized.
20. Think about the boundaries you need in one relationship.
21. Thank a mentor, teacher, or leader who's helped you grow.

Week 4: Responsibility & Growth

22. Create a realistic goal for this week.
23. Clean or organize one area of your room or workspace.

24. Do something that stretches you (a new task, prayer out loud, etc.).
25. Write down 3 things you've learned about yourself this month.
26. Start a simple habit (devotional time, exercise, journaling).
27. Plan a way to serve someone this week.
28. Write a letter to your future self.
29. Choose one fear to surrender to God in prayer.
30. Celebrate your progress—big or small!