

30-Day Take Your Power Back Challenge

A companion to Tiny Buddha's Inner Strength Journal
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Day 1: Take action to change something that bothers you instead of merely complaining about it. If you can't change it, identify one thing you can do to make peace with it or make the best of it—and do it today.

Day 2: Take responsibility for how you feel instead of saying someone “made you feel” a certain way. They may have done something that felt hurtful to you, but your interpretations, assumptions, and emotional triggers (from past experiences) play a large role in how you feel.

Day 3: Set a boundary to protect your energy. Say no if you're feeling drained, or just don't want to. Choose not to be an emotional sounding board if you're feeling depleted. Make today the day you decide to stop taking on everyone else's problems and pain.

Day 4: Prioritize something important to you at the top of your to-do list today instead of making your needs, values, and goals secondary to everyone else's.

Day 5: Change “I have to...” to “I get to...” to empower yourself instead of reinforcing a victim mentality. “I get to work to support myself and my family and create a sense of purpose.” “I get to move my body and take care of my health.”





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Day 6: Identify one common trigger for you—something that causes a strong emotional reaction—and identify its source (likely something painful or traumatic from your past). Whenever triggered today, take a few moments to breathe deeply before reacting so you're less likely to say or do something you regret.

Day 7: Check in with yourself every hour today and ask yourself what you need, physically, mentally, and emotionally. Then do something, even if only for one minute, to meet that need so that you feel strong enough to handle whatever the day throws at you.

Day 8: Be honest about your feelings. Don't say "I'm fine" when you're not or "It's okay" when it isn't. Don't tell yourself you shouldn't feel upset if you are. Simply own and communicate what you feel so you can get to the root of what's bothering you and work through it.

Day 9: Do something alone that you've been waiting to do with someone else. Try a new restaurant, take a class, go see a show. Rewrite the story of needing a friend or partner to experience something that excites you.

Day 10: Identify something you've been waiting on someone else to change and what it would look like to change how you respond to them instead—then do it.



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Day 11: Practice identifying negative/disempowering thoughts without worrying about them, feeling guilty because of them, or acting on them. Simply accept that thoughts pop up without conscious choice, remind yourself they're not necessarily facts, and let them pass.

Day 12: Take responsibility for your emotional healing and do one thing to help you work through pain from the past. That might mean scheduling an appointment with a therapist, writing a forgiveness letter, or doing a guided meditation.

Day 13: Recognize how you feel when consuming media today and consciously choose to disconnect from any articles, podcasts, social media platforms, etc. that leave you feeling disempowered or bad about yourself.

Day 14: Make “none of my business” your mantra today and use it whenever you're tempted to get pulled into drama that doesn't require your involvement. You'll feel a lot less stress when you stop stressing about stuff that isn't yours.

Day 15: Identify one thing you think you need to be happy—a new job or a new relationship, for example. Then do one thing to create joy in your reality as it is right now, reinforcing that though you *want* this thing, your happiness doesn't depend on it.



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Day 16: Be proactive in an area where you're usually reactive. Ask someone to get together instead of waiting for them to ask you. Look for a solution to a problem, at home or at work, instead of waiting for someone else to solve it.

Day 17: Identify something you learned from a recent mistake and how you can apply that lesson going forward, then use it today. If you're tempted to beat yourself up, tell yourself, "I am only human. I'm learning from my mistakes, and that's the best I can do."

Day 18: Throw away a rule you've adopted that isn't your own and do what you want/need to do instead. Relax instead of forcing yourself to be productive. Spend time alone instead of being social. Walk in nature instead of pushing yourself in the gym. If it feels better, do that instead.

Day 19: Filter all criticism into two mental folders today: "helpful" and "not helpful." If it's helpful, find a way to learn from it. If it's not, let it go, without overthinking it or taking it personally.

Day 20: Doubt your doubt today. Make a list of all the things you want to do but think you can't, and next to each, write one reason you might be wrong. Then do one thing on your list or take one small step toward making it happen.



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Day 21: Do something you enjoy, without your phone, so you're able to be present without feeling the pressure to respond to texts or the urge to check your email and social media feeds.

Day 22: Pause before making any decisions today so you can check in with yourself to see what serves you well instead of immediately agreeing to do things that might not be in your best interest.

Day 23: Do something you've been putting off that's been looming over you or get started on it today. Clean out a little of the clutter that's been overwhelming you or schedule that doctor's appointment you've been scared to make.

Day 24: Make today a "no excuses" day. Exercise if you're physically able, even if just for five minutes—no excuses. Meditate or practice deep breathing, even if just for five minutes—no excuses. Apologize for something you said or did that hurt someone—no excuses.

Day 25: See all "negative" feelings as messengers today instead of repressing them or feeling guilty about them. Sit with your anxiety, your guilt, and your anger, for example, and dig deep to find what they're trying to teach you about yourself, your needs, your relationships, and your life. Then do one thing to act on the lesson.



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Day 26: Make today the day you speak the words you keep convincing yourself not to say. Identify one thing you'd tell someone in your life if you knew you or they were about to die and tell them—while you still have the chance.

Day 27: Think of one thing you usually do to calm yourself when you're stressed and do it now, before you hit your breaking point.

Day 28: Be curious about yourself today instead of judging or criticizing yourself. *I wonder why I snapped at him for something little. What's really bothering me right now? I wonder why I didn't follow through on that thing I said I'd do. What's really going on for me right now?*

Day 29: Choose your battles wisely today. Instead of fighting over things that won't matter a day, a week, or even a year from now, take a deep breath and tell yourself, "This isn't worth my time and energy."

Day 30: Whenever you worry about things that might go wrong in the future, shift your focus to one thing you can control right now—then do something about it.