



5-DAY CHALLENGE

DAY 1

INTRODUCTION

Welcome to our 5-Day Pudgy Positivity Challenge!

Over the next 5 days, we will be focusing on practicing gratitude, and self-care in addition to setting goals and cultivating positivity in our daily lives. Each day, you will be provided with a set of activities and prompts to help you reflect on these themes and make progress towards building a more positive and fulfilling life. We encourage you to approach this challenge with an open mind and a commitment to personal growth. By the end of these five days, we hope you will have a greater sense of purpose and well-being, and a set of tools to prepare you to continue cultivating positivity in your life going forward into the new year. Let's get started!

SETTING INTENTIONS

Reflect on your goals and intentions for the new year:

What do you hope to achieve in the next 12 months?

Set an intention for the challenge:

What do you hope to get out of this challenge?

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DAY 2

PRACTICE GRATITUDE

Each day, take a few minutes to write down a few things you are grateful for. This could be something that happened the day before, or it could be as simple as a warm meal, a sunny day, or something more significant like a supportive friend or a meaningful accomplishment. Reflecting on what we are thankful for can help shift our focus to the positive aspects of our lives and help us to manage stress.

Reflect on the things you are grateful for:

What are 3 big things that you are most thankful for in your life?

What are 3 small things that you are grateful for today?

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DAY 3

PRACTICE POSITIVITY

Set positive intentions:

Before starting your day, take a few minutes to set a positive intention for the day ahead. This could be something like, "I will approach today with kindness and compassion," or "I will focus on finding joy in the small things." Having a clear, positive intention can help guide your thoughts and actions throughout the day.

Surround yourself with positivity:

Seek out people, environments, and media that uplift and inspire you. Surrounding yourself with positivity can help to create a positive mindset and outlook.

What is your positive intention for the day?

In what ways are you seeking out positivity today?

Write down the 3 things you are grateful for today:

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DAY 4

GOALS

Setting small achievable goals:

It's important to dream big, but when setting your goals, you want to set smaller manageable goals to increase your odds of success. Take your larger goals and break them down into smaller manageable tasks. Work on completing one task each day and keep going until all of your tasks have been accomplished. Then create a manageable plan for the next goal.

Reflect on your progress:

Don't forget to reflect on your progress and any challenges you faced along the way. It is important to reflect and ask yourself, what did you learn from the experience?

Think about a goal that you want to achieve:

What are the smaller tasks you need to complete in order to achieve your goal?
What is one task you can work on today toward the completion of that goal?

Write 3 things you are grateful for today:

What is your positive intention for the day?

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DAY 5

SELF-CARE

Reflect on your self-care needs:

Reflect on how you currently practice self-care. Identify activities that nourish and rejuvenate you. Ask yourself which self-care activities you enjoy most, and what you can do to better prioritize self-care in your daily routine.

Engage in self-care:

Make time for self-care on a regular basis. Prioritize taking time for activities that nourish your body, mind, and spirit. This could include things like exercise, meditation, spending time in nature, or engaging in a creative hobby. Taking care of yourself helps to improve your overall well-being and can lead to a more positive outlook.

What are some self-care activities you enjoy?

What did you learn about your self-care needs during this challenge?

Write 3 things you are grateful for today:

What is your positive intention for the day?

What have you done today toward your goals ?



CONGRATULATIONS!!!
YOU HAVE COMPLETED THE
PUDGY POSITIVITY 5-DAY CHALLENGE!

Congratulations on completing our 5-Day Pudgy Positivity Challenge!

We hope that over the past week, you have been able to cultivate a greater sense of positivity, gratitude, and self-care in your daily life. Remember, these are habits that take time to develop, and it's okay if you don't see immediate results. The important thing is to keep practicing and be patient with yourself as you continue to grow.

Remember to continue to draw on the tools and strategies you have learned over the past 5 days to help you continue on your journey towards a more positive and fulfilling life. Thank you for participating in the challenge, and we hope to see you again soon for the next one!

We hope you enjoyed participating in the challenge over the last 5 days, and found it to be helpful. If you enjoyed this content and are looking for more positivity in your life, be sure to check out @pudgypositivity on Instagram or Twitter for more activities, free downloads, and daily doses of inspiration and motivation. Celebrate your completion of this challenge with us on Twitter using the following hashtag: #ICompletedThePudgyPositivityChallenge

THANK YOU FOR YOUR SUPPORT AND PARTICIPATION!