

Growth Experiments Challenge

Spend the next 10 weeks stepping out of your comfort zone and stepping into purpose, creativity, gratitude, and resilience.

Week 1

Block off 30 minutes Monday mornings for weekly planning.

Week 2

Spend two minutes every morning setting a daily intention.

Week 3

Focus each day on maximizing the work that brings you joy.

Week 4

Start and end each day with three things you are grateful for.

Week 5

Show appreciation to one person each day this week.

Week 6

Take at least 10 minutes daily for daydreaming.

Week 7

Spend time communicating with another person only in questions.

Week 8

Ask for feedback: one positive and one thing they would change.

Week 9

Fill in the blank.
One year from now, I am _____.

Week 10

Reflect on the last 10 weeks.
Where did you grow?



Jennifer Servary Recla

Awakening passion, joy, and adventure in others' personal and professional lives | coa...

