

30-Day Skill Building Challenge

Research shows it takes about 30 repetitions to begin a new neural pathway.* In reality, you want to continue this practice until the desired behaviors feel like an automatic habit. Give yourself permission to be human; if you miss a day, start again. Use the notes to reinforce gains. For example, observe how automatic habits and “protective armor” do and don’t serve you. Note what helps you to resist doing habitual, unproductive behaviors. Celebrate insights.

As you make small changes, write about how they benefits you and others.

Day	Practiced	Notes
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