

30 DAYS TO A MORE BADASS YOU

1 Give another badass woman a compliment	2 Learning something new today from another badass woman	3 Reach out to a badass friend you haven't talked to in a while	4 Choose a badass affirmation for the day	5 Recommend a Badass Women's Book Club book to another badass woman	6 Visit your library and check out a biography about a badass woman you admire	7 Watch a movie about a badass woman
8 Invite another badass woman out for coffee or a cocktail	9 Download a song by a badass woman - and blast it	10 Write down what makes you a badass - commit it to memory	11 Find a badass picture of yourself - put it up somewhere where you'll see it often	12 Copy down an inspirational quote from a badass woman	13 Buy yourself a treat! You are badass, and you deserve it	14 Watch a TED talk by a badass woman
15 Do something badass that is outside of your comfort zone	16 Visit a local independent bookstore and check out books by badass women	17 Spend some time thinking about where you would like to be in the next 10 years	18 Read something by a badass woman that makes you laugh	19 Binge watch a TV show about a badass woman	20 Introduce yourself to another badass women you admire but don't know	21 Tell another badass woman you appreciate her
22 List 5 recent badass accomplishments	23 Turn off your phone and enjoy the company of your own badass self	24 Take a badass selfie - post it on social media	25 Brainstorm a badass idea for 10 minutes	26 Dress up in your most badass outfit	27 Create a badass bucket list	28 Move your badass body - dance, run, stretch, bend
29 Listen to a podcast by or about a badass woman	30 Write down what you learned from this challenge and how it's made you more of a badass!					