

30-Day Challenge

Create a healthy habit or let go of an unhealthy one

One small commitment. Every day. 30 days.

This workbook is designed to help you focus on one realistic behaviour change. You may be building something supportive or stepping away from a pattern that no longer helps you. The challenge is about awareness, repetition and learning — not being perfect.

Before you begin

Choose one habit rather than trying to change everything at once. If the behaviour involves dependence, withdrawal risk, eating-disorder behaviours, self-harm, medication or another health concern, use appropriate professional support rather than relying on a challenge alone.

The habit I want to create OR the habit I want to reduce/let go of is...

1. Why This Change Matters to Me

A habit is easier to return to when it is connected to something personally meaningful. Your reason does not have to impress anyone else.

Why do I want to make this change now?

If this change helped, what might be different in my wellbeing, confidence, relationships or daily life?

What would make these 30 days worthwhile, even if the change is not perfect?

2. Understand the Current Pattern

Before changing a behaviour, get curious about how it currently works. Habits often have a cue, an action and a consequence. Unhelpful habits may also meet a genuine need such as comfort, stimulation, escape, predictability or connection.

When does this behaviour usually happen?

What situations, feelings, thoughts or body sensations tend to trigger it?

What does the habit give me in the short term?

What does it cost me in the longer term?

3. If I Am Building a Healthy Habit

Make the new behaviour specific and easy to recognise. “Look after myself more” is difficult to track; “take a ten-minute walk after lunch” is clearer.

My exact new habit will be...

When and where will I do it?

What existing routine could I attach it to?

What is the smallest version I can still count on a difficult day?

Habit cue: After I _____, I will _____. I will make it easy by _____.

4. If I Am Letting Go of an Unhealthy Habit

Removing a habit can leave a gap. Instead of focusing only on what you will stop doing, consider what need the behaviour was meeting and what safer or healthier alternative could meet some of that need.

The behaviour I want to interrupt is...

The need underneath it may be...

When the urge appears, I could try this replacement behaviour...

People, places or situations where I may need extra support...

5. Prepare the Environment

Willpower is only one part of behaviour change. Your surroundings can make a habit easier or harder. Look for practical changes that reduce friction for the new behaviour and increase friction for the old one.

What can I prepare in advance?

What reminders or visual cues could help?

What temptation, barrier or trigger could I make less accessible?

Who could support or encourage me?

6. My Difficult-Day Plan

Plan for the days when motivation is low, routines change or life becomes stressful. A difficult day is not evidence that the challenge has failed.

If I am tired...

If I am stressed or emotionally overwhelmed...

If I have very little time...

If I miss a day...

My minimum version of the habit is...

7. Urges, Cravings & Automatic Moments

An urge can rise quickly and feel as though it must be acted on. Try creating a small pause. Notice the trigger, name the urge, allow it to be present briefly, and choose what you want to do next.

Trigger — what happened just before the urge?

Thoughts / feelings / body sensations...

What is the urge asking me to do?

What could I do for the next 5–10 minutes instead?

Pause phrase: “I can notice this urge without deciding immediately. I only need to choose my next few minutes.”

8. Days 1–5

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
1			
2			
3			
4			
5			

What have I learned in the first five days?

9. Days 6–10

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
6			
7			
8			
9			
10			

What is becoming easier? What still needs support?

10. Day 10 Check-In

What am I proud of so far?

Which triggers or barriers have shown up?

Do I need to make the habit smaller, clearer or easier?

One adjustment I will make for the next ten days...

11. Days 11–15

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
11			
12			
13			
14			
15			

What am I noticing about my mood, energy or confidence?

12. Days 16–20

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
16			
17			
18			
19			
20			

What is helping me continue?

13. Day 20 Check-In

By this point the novelty may have faded. That is normal. The useful question is not “Do I feel motivated?” but “What will help me keep the behaviour workable?”

What has changed since Day 1?

What has surprised me?

Where am I relying on willpower when I could change the environment?

What support do I need for the final ten days?

14. Days 21–25

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
21			
22			
23			
24			
25			

What feels more natural now?

15. Days 26–30

Day	Done / practised?	Difficulty 0–10	What helped / what I noticed
26			
27			
28			
29			
30			

What do I want to remember as I reach Day 30?

16. Setbacks Are Information, Not Failure

Missing a day or returning to an old behaviour does not erase what you have practised. Instead of using shame, look at what happened and what the moment can teach you.

What happened?

What was happening around me or inside me?

What did I need in that moment?

What could I change or try next time?

Restart rule: Do not wait for Monday, next month or a perfect mood. Your next opportunity to practise is enough.

17. Day 30 Reflection

What did I learn about myself?

What changed physically, emotionally or practically?

What was harder than I expected?

What am I most pleased that I did?

What evidence do I have that small actions can make a difference?

18. Beyond the 30 Days

Thirty days is a useful period for practising a behaviour, but it does not guarantee that a habit is permanently formed. Different habits and different people take different amounts of time. Decide what you want to carry forward.

I want to continue...

I want to change or adapt...

My plan for the next month is...

A message from Space to Breathe Therapy

Thirty days of change does not need to look perfect to be meaningful. You may have had strong days, difficult days, missed days and days when the smallest version was all you could manage. What matters is what you have learned about your patterns, your needs and the kind of support that helps you move forward. Small steps repeated with compassion can become meaningful change.

Important: Do not abruptly stop alcohol, benzodiazepines or other substances/medications where withdrawal may be medically risky. Seek appropriate medical or specialist advice. This workbook is a general wellbeing resource and is not a substitute for individual healthcare or mental-health treatment.