

# GREATNESS BY TWS

30 DAY PLAN

NAME:

GOAL:

**1**  
Wake up by  
6 AM

**2**  
Drink 500  
ml of water

**3**  
30 minutes  
of physical  
activity

**4**  
Write down 3  
things you're  
grateful for

**5**  
Meditate  
for 10  
minutes

**6**  
Set and  
visualize 1 goal  
for the day

**7**  
Reflect on  
the day  
before bed

**8**  
Wake up by 6  
AM + Drink 500  
ml of water

**9**  
30 minutes of  
physical activity  
+ Meditate for  
10 minutes

**10**  
Gratitude +  
Avoid sugar and  
processed  
foods

**11**  
Set 1 goal +  
Reflect on the  
day

**12**  
15 minutes of  
reading + Drink  
500 ml of water

**13**  
Wake up by 6  
AM + 30 minutes  
of physical  
activity

**14**  
Meditate +  
Avoid  
distractions for  
1 hour

**15**  
Wake up +  
Physical activity  
+ Gratitude

**16**  
Meditate + Set 1  
goal + Drink 500  
ml of water

**17**  
Avoid sugar + 15  
minutes reading  
+ Reflect

**18**  
Wake up + Do  
something  
outside comfort  
zone + Meditate

**19**  
Set 1 goal + Avoid  
distractions for 1  
hour + Hydrate

**20**  
30 minutes of  
physical activity  
+ Avoid sugar +  
Reflect

**21**  
Gratitude +  
Meditate + 15  
minutes of  
reading

**22**  
Wake up +  
Activity +  
Gratitude +  
Meditate

**23**  
Avoid sugar +  
Set 1 goal +  
Reflect +  
Hydrate

**24**  
Activity + Avoid  
distractions +  
Gratitude +  
Reading

**25**  
Wake up +  
Meditate + Step  
outside comfort  
zone + Reflect

**26**  
Hydrate + Avoid  
sugar + Activity  
+ Set 1 goal

**27**  
Gratitude +  
Meditate + Avoid  
distractions +  
Reflect

**28**  
Wake up +  
Activity +  
Reading + Set 1  
goal

**29**  
Hydrate + Avoid  
sugar +  
Meditate +  
Reflect

**30**  
Wake up +  
Gratitude +  
Activity +  
Comfort zone