

# Thrive @ Home 30 Day Challenge



## Scavenger Hunt

Have some fun and get inspired with us this month! Post your daily task in the [Thrive Yogis Staying Connected](#) Facebook group.

**Nailed it!**

<b>NOV 15</b>	Challenge Accepted! Your first task: Join our Facebook community (Thrive Yogis Staying Connected) and say where you're Thriving from.	
<b>NOV 16</b>	Pick an easy-but-powerful morning routine you can commit to for the next month and tell us about it in today's thread. Some ideas: drinking a full glass of water upon waking, 10 minutes of meditation, making the bed, laying out clothes the night before, etc.	
<b>NOV 17</b>	Take a moment today and set an intention for the next month if you haven't already (and if you have—take a moment, too!). Breathe it into being. What does it look and feel like when that intention is alive in your life? Find a GIF that represents that feeling and share it in the group.	
<b>NOV 18</b>	Start a new book and read one chapter today. Tell us what you're reading in today's Facebook thread!	
<b>NOV 19</b>	If today had a theme song, what would it be? Share it so we can listen, too!	
<b>NOV 20</b>	What is one new hobby or skill that you dream of mastering in 2021, and is totally out of your comfort zone? How could you get started on it this month? Post about it.	
<b>NOV 21</b>	Are you trying a new recipe or a new tradition this Thanksgiving? Tell us how you're spreading your wings in the comments! (We could use some ideas!)	
<b>NOV 22</b>	Give your no-fail family favorite recipes in the thread today. (We need a fallback plan if we burn the turkey or tofurkey!)	
<b>NOV 23</b>	Welcome in the work week with a walk outside, take a picture of the first thing that catches your eye. Share the picture in the thread and give it an artsy title.	
<b>NOV 24</b>	Eat 5 vegetables today. List them all in the Facebook thread.	
<b>NOV 25</b>	It's a Way-Back Wednesday! Post a picture in the thread of a memorable photo of a Thanksgiving past. Tell us what made it special / awkward / historical.	
<b>NOV 26</b>	HAPPY THANKSGIVING! Easy one today (and great practice for the dinner table): What you are thankful for today?	
<b>NOV 27</b>	No Facebook Friday—can you make it all day without checking in? (Answer us tomorrow!)	
<b>NOV 28</b>	Instead of rushing into the next holiday, create space and time today to meditate today for 10 minutes. Need some guidance? Head to our group today to get a free guided relaxation from the fabulous Jenny O'Laughlin	
<b>NOV 29</b>	Declutter your desk, a closet, or other small space you use often. Take a before and after picture. Share with the group so we can celebrate with you!	

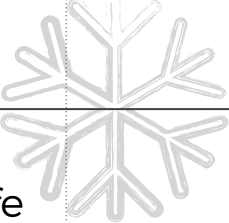
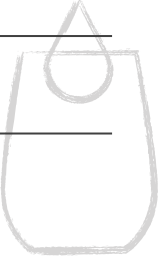
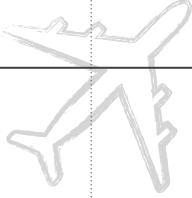
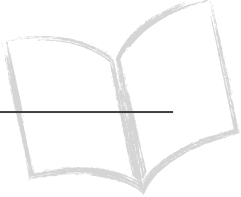

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<b>NOV 30</b>	Write a thank you note to someone who has helped you recently and may not know it —your mail carrier, the trash collection team, your child’s teacher, a podcast host, etc.	
<b>DEC 1</b>	Welcome December by posting a picture, meme, GIF that describes exactly how you feel about snow.	
<b>DEC 2</b>	Now is a great time to dream and plan for the year ahead. What is one big audacious goal you have for yourself in 2021, something that relates to your life purpose? Share so we can cheer you on.	
<b>DEC 3</b>	Who is one family member or mentor you admired most growing up and why? Tell us all about them in today’s thread.	
<b>DEC 4</b>	What’s your first memory of Thrive Hot Yoga? Tell us all about it!	
<b>DEC 5</b>	Studies show very few of us are drinking enough water. Can you drink 8 full glasses today?	
<b>DEC 6</b>	Write a sentence using the words ‘sparkle’, ‘thrive’, and ‘noodle.’ Share your creation with us on Facebook.	
<b>DEC 7</b>	Are you planning to get away in 2021? Tell us where you’re going (or where you wish you could go).	
<b>DEC 8</b>	Step outside and take three wide, deep, and intentional breaths. Repeat as necessary.	
<b>DEC 9</b>	Take a picture of your favorite ornament, holiday decor, or family heirloom and tell us what makes it significant.	
<b>DEC 10</b>	Throwback Thursday: Remember the book you chose earlier in the challenge? Tell us what page you are on and your biggest takeaway so far.	
<b>DEC 11</b>	What do you not-so-secretly hope the holidays will bring you this year?	
<b>DEC 12</b>	Host a spontaneous game night! What are you playing—and did you win?	
<b>DEC 13</b>	Virtual Ugly Christmas Sweater contest. If you don’t have a Christmas themed sweater, then any sweater with a themed design will do. Post a photo of your awesome sweater, preferably with you modeling it.	
<b>DEC 14</b>	As we near its end, what lesson did 2020 teach you that you are most grateful for? Share your wisdom with us in the group.	
<b>DEC 15</b>	You made it! Let us know your favorite part of the challenge in today’s thread!	