

BYU

Women's Services & Resources



TEN DAY CHALLENGE



TEN DAY CHALLENGE: Instructions

Introduction:

Every day, thousands of women and men all over the world are searching for ways to feel good about themselves. Even the most confident people are looking for opportunities to change who they are in hopes of becoming better. Unfortunately, standards of perfection and self-worth are usually defined by what others think rather than by what we know and feel to be true. By conforming to worldly ideals and expectations, it is impossible to live a life of happiness and one's self-esteem will suffer.

Be You is a campaign that consists of a ten-day challenge that is intended to provide education, resources, and experience to each of us suffering from perfectionism and lack of self-acceptance. Each day of the challenge implements a different activity that will promote change in one's life, allowing healthy habits and thoughts to be formed. By participating in this ten-day challenge, you will have the opportunity to redefine what self-worth means to you and you will be empowered to create a life of purpose and meaning.

How it works:

For the next ten days, you will be given activities that will challenge you to increase your self-acceptance. Each day will consist of; a simple activity that is designed to help increase your level of self-acceptance and confidence, a journal prompt to promote continual change even after the ten days are finished, and a social media photo challenge so you can share your success with those around you.

What you will need:

Along with this guide, you will need a journal or something to write in and a camera to record your thoughts and experiences for the next ten days. Don't forget to use the hashtag #byuBEYOU so others can share your experience. Also, please visit wsr.byu.edu for more resources and upcoming events to help you complete the challenge.

HAVE FUN!



DAY ONE CHALLENGE: **Be Purposeful**

Challenge:

Create a SMART (An effective strategy for creating a goal and following through is by making it SMART. SMART stands for: Specific, Measurable, Attainable, Relevant, and Time-Bound) goal describing what you would like to accomplish in the next 10 days as part of the *Be You* Challenge. Write it down and hang it somewhere you will see it every day.

Journal Prompt:

What are you hoping to achieve in the next 10 days? Record the goal you just made in your journal. Why is this goal important to you? How will it help you make a change to reach your full potential?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media to help raise awareness of the *Be You* 10-day Challenge. Tag a friend and invite them to complete the challenge with you. Spread the word!

The goal of the *Be You* Challenge is for you to experience a journey of overall self-improvement. One of the best ways to ensure success is by setting a goal. We set goals because we have things that are important to us which influence who we want to be and what we want to do. We set goals because it brings clarity, meaning, and purpose to our lives. We set goals to push ourselves and ultimately reach our full potential. Goals help us achieve our dreams, and as author C.S. Lewis said, “You are never too old to set another goal or to dream a new dream.”

A dream written down in detail becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action can make your dreams come true.

By creating a SMART goal, you will be providing yourself direction and understanding for the next 10 days about what you want to achieve and how you are going to achieve it. When you have something to work toward, your experience will be more fulfilling and you will walk away with a success.

**“She believed she could, so
she did.”**

- Anonymous



DAY TWO CHALLENGE: **Be Fearless**

Challenge:

Spend 20 minutes participating in a faith building activity. This could include reading scriptures, praying out loud, or even meditating.

Journal Prompt:

What was the faith building activity you participated in today? Write down your experience, including how you felt. Did you do it with anyone or by yourself? How has strengthening your faith helped you overcome your fears? Think about a challenge you are facing. How could you look at this with a different perspective and find the courage to move forward more fearlessly?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media of something that reflects the activity you chose to help build your faith. It can be a photo of you or simply a picture of a quote that inspires you. Let your faith help build the faith of others.

Every one of us harbors some small fear. It may be being alone, or rejection, or even that people are judging you. How would we be different if we could let that fear go? What might change in your life if you no longer worried about whether or not someone noticed that you gained weight or thought you were weird? The best tool we have to overcome our fears is our faith. The act of having faith itself doesn't mean much though without action. What matters is whether faith is carried out through some sort of action, such as gathering with others in a faith community, spending time in prayer or meditation, reading scriptures, or volunteering. Organizing life around your faith is where the biggest benefits are found. Spiritual cultivation is the ongoing commitment to the transformation of fears into faith. It is so easy in today's world to be fearful. Fear of past choices or fear of failing is very apparent in our culture. This fear can hinder you from reaching your full potential. Instead of focusing on those things that make you afraid, use this energy to build your faith.

**“We must live by faith and not
by fear.”**

- Quentin L. Cook



DAY THREE CHALLENGE: **Be Charitable**

Challenge:

Perform an act of service in your home or community. It can be for someone you know or even someone you have never met. Look for moments when others serve you as well. Notice how you feel when you serve and when others serve you.

Journal Prompt:

What was the act of service you participated in today? Why did you choose that act of service? Who served you today? What did they do? How did both acts of service bless your life and the lives of those you served/ served you?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media showing how someone served you today.

“We can make every day better for each other. If we’re all on the same team, let’s start acting like it. We’ve got work to do. We can cry about it, or we can dance about it.”

- Kid President

We often hear that as we serve other people we forget our own troubles and feel better about ourselves. Maybe while doing community service, on missions, or while serving our own families we have felt this. The more time we spend thinking of others, the less time we spend thinking of ourselves and judging who we are. Over the years, many studies have shown that people who serve are happier, and happy people serve more. It becomes one continuous cycle that keeps on giving! Many journal articles suggest that those who volunteer maintain a greater sense of well-being throughout their life. These people are known to live longer and have fewer physical health problems. They lower their risk of negative mental issues such as depression and anxiety. It doesn't matter so much what the service activity is, but rather it is the time and quality that you put into your efforts that matters. The motive behind service can also greatly influence the experience you have while serving. Are you doing it for gain and recognition? Or are you doing it because you genuinely want to help someone? If you still don't feel the desire to serve, serve until you do! As we take the time to make life better for others, our enjoyment and quality of life will increase substantially. Making a habit of charitable service will continue to bless your life as well as those you serve.



DAY FOUR CHALLENGE: **Be Mindful**

Challenge:

Part of being mindful means noticing those around you. As you walk today, pull out your headphones, and try not to text or check your email. Is it a nice day outside? Is there anything interesting going on? Do you see a friend you have not talked to in a while? When you enter your apartment or home, is there any act of service you could perform for a roommate or family member? Would doing the dishes decrease someone else's stress?

Journal Prompt:

What are some things you have done today to be mindful of your surroundings? Was there anyone you were able to help? Did you enjoy God's creations a little more? Did you recognize your own feelings and accept your emotions? Did you meditate?

Photo-Op:

No photo challenge today. Enjoy the world around you.

The definition of mindfulness, according to the Merriam Webster dictionary, is “the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.” Being mindful of your situation means focusing your energy toward the people and things around you. There are several ways to become more mindful: meditate, enjoy a social media fast, help someone in need, pray for another, or recognize your emotions as you feel them. Being mindful will help create a more positive outlook in your life and for those around you. Positive change only happens when we are mindful of the responsibilities and opportunities we have in our lives, instead of comparing ourselves to others. Recognizing and appreciating our own lives will lead to greater self-acceptance.

“Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment.”

- Buddha



DAY FIVE CHALLENGE: **Be Grateful**

Challenge:

Think about a person who has been influential in your life. Take a few moments to send them a thank you card or give them a call to express your gratitude. You could even send a quick text. Any expression of gratitude, regardless of how small, can make an impact.

Journal Prompt:

Who has had the greatest influence on your life? Write down your thoughts about this person, including who they are and why you are grateful for them. What do you have to be grateful for in your life? Every day may not be good, but there is something good in every day. What has been good about today?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media of you and a person you are grateful for or who has positively influenced your life. Tag them and let them know why you appreciate them.

**“To live with gratitude
ever in our hearts is to
touch heaven.”**

- Thomas S. Monson

Research shows that one of the greatest contributing factors to overall happiness in your life is how much gratitude you show. The benefits of appreciation can cause you to be happy, physically healthy, have peace of mind, and have more satisfying personal relationships. Research has also shown that being grateful is linked with positive emotions, such as hope, pride, happiness, and contentment. Those who consciously focus on gratitude experience greater emotional well-being and physical health than those who don't. One of the many studies which proved this theory was published in 2013. Findings from this study, revealed that people who showed more gratitude reported they experienced more vitality and faced less anxiety. This study also found that thankfulness was directly connected to better health, which encompassed physical health, conscientiousness, emotional stability, and optimism. Everyone can make gratitude a part of their daily life by recognizing their blessings and then by thanking the people who have helped them. Personal gratitude not only influences an individual's mood, but everyone around them is lifted as they express their gratitude. Even when it seems the blessings are few, we can always be grateful for what we do have, and as we do - we will start to notice all of the wonderful things that happen around us.



DAY SIX CHALLENGE: **Be Positive**

Challenge:

Write a positive motivational phrase and hang it next to your SMART goal where you can see it every day.

Journal Prompt:

Write a motivational phrase for yourself in your journal. Also, take a look at your SMART goal and reflect on how the past few days have gone. Have you been able to reach your goal yet? Even if you haven't, what positive changes have you noticed?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media of your positive motivational phrase.

It has been said that those with a positive mind-set are likely to be more accepting of themselves than those with negative thoughts. When we believe in ourselves, we better understand that we are in control of our lives. While we may not always be able to control what happens, we can control how we approach or feel about a situation. Positive self-acceptance is linked to self-motivation. As a motivational factor, being positive allows us to see our own potential and abilities. It allows us to cope effectively with change, it helps us to be more social and accepting of others, and it provides emotional stability and integrity. On the contrary, negative thoughts about ourselves can lead to drug and alcohol abuse, depression, eating disorders, and other unhealthy habits. The reasons to be positive are quite clear. As you continue on with this ten-day challenge, it is important to remain positive and keep your head up. While the activities only last ten days, the hope is that all of us can find lasting change from our experiences. You can achieve greatness! This is done by being confident and accepting of yourself.

**“Somehow, we have come
to believe that greatness
is only for the chosen few,
for the superstars. The
truth is, greatness is for us
all. This is not about
lowering expectations; it
is about raising them for every last one of us.
Greatness is not in one special place, and it is not in
one special person. Greatness is wherever
somebody is trying to find it.”**

- Nike



DAY SEVEN CHALLENGE: **Be Authentic**

Challenge:

Praise yourself for the small achievements you have made. Trying your best is important but be willing to give yourself a break from your high expectations. See yourself with love, and recognize your efforts, even if you didn't reach the exact specifications of your goal from the beginning of the campaign. You still have time to learn and grow.

Journal Prompt:

Through Christ we can be free from not only our sins, but also from our weaknesses. As we turn to Him, we can be given strength to love ourselves for who we are. Write about ways of letting mistakes, fears, and worries go. Discuss the need to love yourself for who you are while still making sure you are growing and learning.

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media of you being your most authentic self.

Perfectionism is becoming more and more prevalent. For perfectionists, life is an endless report card on accomplishments or looks. It is a fast and enduring track to unhappiness, and perfectionism is often accompanied by depression and eating disorders. What makes perfectionism so toxic is that while those in its grip desire success, they are most focused on avoiding failure, so theirs is a negative orientation. Individuals are pressured daily by the thousands of expectations being pressed upon them. Be true to YOU, and focus on your authentic self. You are unique!

“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.”
- Brene Brown



DAY EIGHT CHALLENGE: **Be Creative**

Challenge:

Spend 30 minutes today doing something creative. This could be creating a moment or feeling for someone, problem solving, painting, sewing, or teaching a concept. Think of the activity in a new way and try something you have never done before. Some creative activity ideas include: writing a short story or personal essay, creating a home video, blogging, making a craft, knitting, or executing a Pinterest idea.

Journal Prompt:

What new activity did you choose to participate in today? What makes this activity creative? How is this activity helping you be more creative? It is important to cultivate creativity and think outside the box, so what is something you can do to continue to develop your creativity?

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media of you being creative.

What do most people think of when they hear the word creativity? Maybe painting, or writing music, or doing crafts. But being creative extends further than a canvas or a stage. Creativity is simply using original ideas or your imagination to do an activity. This could be thinking of a problem in a new way or creating an experience for someone. You are probably much more creative than you think. Every time we create a smile on a stranger's face or a peaceful feeling in our homes, we are utilizing our creativity. President Dieter F. Uchtdorf of the Church of Jesus Christ of Latter-day Saints said, “The desire to create is one of the deepest yearnings of the human soul.” There is nothing more divine than creativity in all its forms, whether it is playing music or teaching a child. Creativity has many benefits. As we take time to cultivate personal ideas and thoughts, we learn more about ourselves and our character. We also begin to be recreated and molded as we nurture the creator inside of us. Creativity increases problem solving skills because it trains us to think outside the box. Expanding our view of creativity will help us understand that we have more power to change the world around us than we thought.

“Creative people do not see things merely for what they are; they see them for what they can be.”
- Julie Israel



DAY NINE CHALLENGE: **Be Healthy**

Challenge:

Spend 30 minutes today taking care of your body. This could be going on a run for 30 minutes or participating in a sport. It could also be sitting down for 30 minutes to eat a nutritious meal or going to bed 30 minutes earlier than normal.

Journal Prompt:

Write about what you did for 30 minutes to take care of your body. Why did you choose this activity? Did you feel a difference? How will you continue taking care of your body? Remember, it is doing little things consistently that makes the biggest difference.

Photo-Op:

Using the hashtag #byuBEYOU, post a picture on social media that shows what you did to take care of your body today.

“It is not about being good at something. It is about being good to yourself.”

- Anonymous

Studies have shown there are many mental-health benefits of physical activity. Statistics show that being active improves mood and lessens symptoms of depression and anxiety. Physical activity could be anything from weight lifting and aerobic exercises, to participating in sports, to yoga and dancing. The possibilities are endless. As you engage in physical activity, you will learn to appreciate your body and be a witness to the power it has to offer. As explained by the Beauty Redefined Foundation, “Physical activity is shown to lead to body satisfaction when persons develop an appreciation of what their bodies can do.” So, what can your body do? There have also been many research studies that reflect the benefits of nutrition. Eating healthy does not mean participating in the latest diet or food restriction fad. It means eating the proper amounts of fruits, vegetables, grains, and proteins every day. It means recognizing when your body is hungry and when it is full. Your body needs to be fueled properly in order to function properly. Health is defined as the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition highlights how important it is for us to take care of ourselves. Being healthy is not the result of a quick fix or secret trick. It happens over a period of time and is the result of a series of small manageable actions. By taking care of our bodies, we will be empowered to live a healthy and well-rounded life.



DAY TEN CHALLENGE: **Be You**

Challenge:

Think about how the ten-day challenge has helped you this week. Share what you learned with a friend or family member and encourage them to take the ten-day challenge.

Journal Prompt:

What does it mean to “be you?” Write down a summary of who you are and what makes you special. For ten days, you have worked on becoming more accepting of yourself, with the intent of improving your overall quality of life. What worked the best for you? What was your SMART goal that you set at the beginning? Did you achieve it? Even though the ten-day challenge is over, what will you implement to continue embracing who you are?

Photo-Op:

On social media, post a picture that illustrates a part of your personality. Are you bubbly, pensive, caring, or loud? Whatever you are, try capturing that in a picture and post it with the hashtag #byuBEYOU. Never be afraid to show who you are!

We live in a world today where society has defined who we need to be. Rather than trusting in ourselves, we look to others for direction and guidance on how to live our own lives. We then become self-conscious and at times even feel like we aren’t enough. That is when we start becoming less like ourselves and more like everyone else. Having confidence in our own worth and abilities, along with self-respect, can greatly impact our health and overall sense of life. Self-confidence influences not only our mental state of well-being, but the physical and social aspects as well. Louise Hart said, “Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.” There are so many people and so many different personalities in this world. We were not created to all be the same, but to be individuals. We were created to be unique and to be ourselves. It is absolutely impossible to be exactly like someone else or to please everyone, but it is completely possible to be you! As a result of the ten-day challenge, remember who you are. Remember to think back on those things that promote positive self-acceptance and apply them to your everyday life. Never forget to BE YOU!

“You were made to be awesome.”

- Kid President



TEN DAY CHALLENGE: **Resources**

DAY 1 RESOURCES:

[Speeches.byu.edu/topic/goals/](https://speeches.byu.edu/topic/goals/)
[Financialplan.byu.edu/goal-setting](https://financialplan.byu.edu/goal-setting)
stanceforthefamily.byu.edu/category/self-improvement/byu.edu
lib.byu.edu
caps.byu.edu/biofeedback
<https://wsr.byu.edu/content/education-careers>

DAY 2 RESOURCES:

speeches.byu.edu/topic/faith
americanfamiliesoffaith.byu.edu
lds.org
mormon.org
ccr.byu.edu
ccc.byu.edu
<https://wsr.byu.edu/content/sexual-assault-abuse>

DAY 3 RESOURCES:

yserve.byu.edu
communityactionprovo.org
foodandcare.org
justserve.org
<https://speeches.byu.edu/topic/charity>

DAY 4 RESOURCES:

stanceforthefamily.byu.edu/category/self-improvement/
www.umassmed.edu/cfm/

DAY 5 RESOURCES:

speeches.byu.edu/topic/gratitude



TEN DAY CHALLENGE: **Resources**

DAY 6 RESOURCES:

caps.byu.edu
caps.byu.edu/biofeedback

DAY 7 RESOURCES:

speeches.byu.edu/topic/perfection
<https://caps.byu.edu/group-therapy>

DAY 8 RESOURCES:

<http://stanceforthefamily.byu.edu/category/diy-and-home-improvement/>
<https://speeches.byu.edu/topic/creativity>

DAY 9 RESOURCES:

<https://caps.byu.edu/group-therapy>
choosemyplate.gov
<https://wsr.byu.edu/content/nutrition-wellness>
<https://wsr.byu.edu/content/emotional-health>
<https://wsr.byu.edu/content/nutrition-wellness-0>
<https://wsr.byu.edu/content/pregnancy-reproductive-health>
<https://wsr.byu.edu/content/womens-health>
<https://speeches.byu.edu/topic/health>

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