



30-Day Right Effort Experiment

WEEK 1 — SET INTENT (Days 1–7)

Theme: Clarity, grounding, and purpose alignment

Daily Practice: 7-minute grounding + 1-sentence intention + effort log

Day 1 — Intention: _____

Effort Focus: _____

Notes: _____

Day 2 — Intention: _____

Effort Focus: _____

Notes: _____

Day 3 — Intention: _____

Effort Focus: _____

Notes: _____

Day 4 — Intention: _____

Effort Focus: _____

Notes: _____

Day 5 — Intention: _____

Effort Focus: _____

Notes: _____

Day 6 — Intention: _____

Effort Focus: _____

Notes: _____

Day 7 — Weekly Reflection

- Where did effort align with values?
- What felt grounded?
- What needs adjustment?

Reflection: _____

WEEK 2 — BUILD RITUALS (Days 8–14)

Theme: Structure, rhythm, and friction reduction

Daily Practice: Morning ritual + deep-work block + ethical ledger

Day 8 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____

Day 9 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____

Day 10 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____

Day 11 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____

Day 12 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____

Day 13 — Ritual Focus: _____

Deep Work Target: _____

Notes: _____



Day 14 — Weekly Reflection

- Which ritual made effort lighter?
- What friction was removed?

Reflection: _____

WEEK 3 — AMPLIFY ALIGNMENT (Days 15–21)

Theme: Focus, energy management, and regenerative choices

Daily Practice: Remove one distraction + add one regenerative act + track deep work

Day 15

Distraction Removed: _____

Regenerative Act: _____

Notes: _____

Day 16

Distraction Removed: _____

Regenerative Act: _____

Notes: _____

Day 17

Distraction Removed: _____

Regenerative Act: _____

Notes: _____

Day 18

Distraction Removed: _____

Regenerative Act: _____

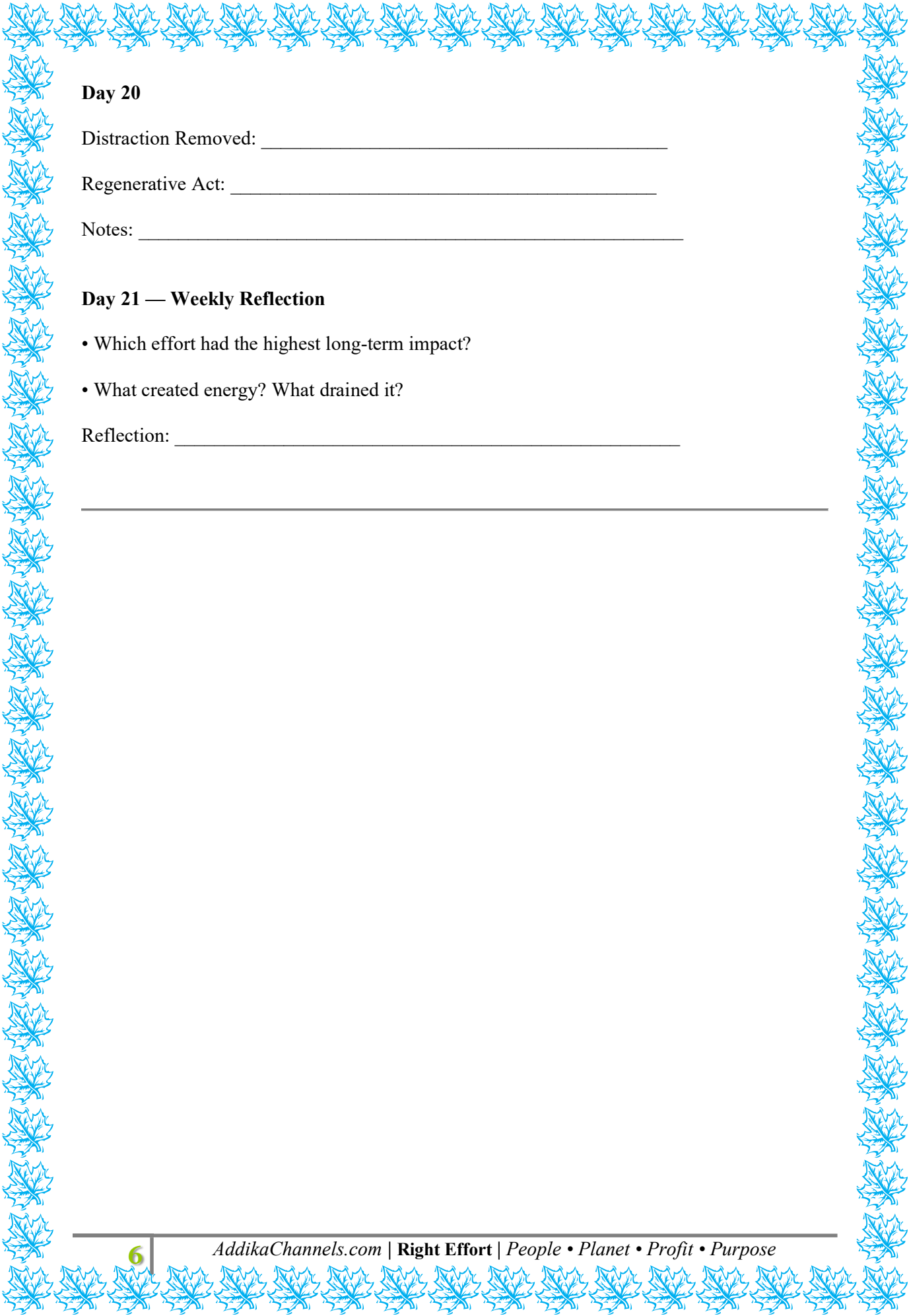
Notes: _____

Day 19

Distraction Removed: _____

Regenerative Act: _____

Notes: _____



Day 20

Distraction Removed: _____

Regenerative Act: _____

Notes: _____

Day 21 — Weekly Reflection

- Which effort had the highest long-term impact?
- What created energy? What drained it?

Reflection: _____

WEEK 4 — REFLECT & REALIGN (Days 22–30)

Theme: Integration, gratitude, harm-reduction, and behavioral maturity

Daily Practice: Gratitude ritual + harm-reduction tally + slow evening ritual

Day 22

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 23

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 24

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 25

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 26

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 27

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 28

Gratitude For Effort: _____

Harm Reduction: _____

Notes: _____

Day 29 — Final Integration

- What patterns of Right Effort emerged?
- What needs to continue beyond 30 days?

Reflection: _____

Day 30 — Declaration of Alignment

My next 30-day Right Effort commitment:

Signature / Date: _____

Share your journey using #RightEffortChallenge. Inspire someone else to begin.

30-DAY RIGHT EFFORT EXPERIMENT — TABLE VERSION

WEEK 1 — SET INTENT (Days 1–7)

Daily Practice: 7-minute grounding • 1-sentence intention • Effort log

Day	Intention (1 sentence)	Effort Focus	Notes / Reflections
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			

Day 7 — Weekly Reflection (Write Below)

- Where did effort align with values?
- What felt grounded?
- What needs adjustment?

Reflection: _____

WEEK 2 — BUILD RITUALS (Days 8–14)

Daily Practice: Morning ritual • Deep-work block • Ethical ledger

Day	Ritual Focus	Deep Work Target	Notes / Insights
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			

Day 14 — Weekly Reflection

- Which ritual made effort lighter?
- What friction was removed?

Reflection: _____

WEEK 3 — AMPLIFY ALIGNMENT (Days 15–21)

Daily Practice: Remove 1 distraction • Add 1 regenerative act • Track deep work

Day	Distraction Removed	Regenerative Act Added	Notes / Observations
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			

Day 21 — Weekly Reflection

- Which effort had the highest long-term impact?
- What created energy? What drained it?

Reflection: _____

WEEK 4 — REFLECT & REALIGN (Days 22–30)

Daily Practice: Gratitude for effort • Harm-reduction tally • Slow evening ritual

Day	Gratitude for Effort	Harm Reduction Action	Notes / Emotional Climate
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			

Day 29 — Final Integration Reflection

- What patterns of Right Effort emerged?
- What should continue beyond 30 days?

Reflection: _____

Day 30 — Declaration of Alignment

My next 30-day Right Effort commitment:

Signature / Date: _____

Share your journey with #RightEffortChallenge and inspire others.
