



LET'S MAKE
SOMETHING
BEAUTIFUL

30 DAY BEAUTY CHALLENGE

NOTICE. ADMIRE. REJOICE!

1 Compliment two people today: someone you love, and a stranger. Lift their spirits!	2 What's one thing in the world that still fills you with wonder? Seek it out today.	3 Perform a small, beautiful act of kindness today. Expect nothing in return!	4 What's a song or piece of music you find beautiful? Listen to it today. Share it with a friend.	5 BEAUTY WALK #1 What's the smallest, most beautiful thing you can find? Be filled with wonder.	6 Beauty in the sky: Find a beautiful cloud or starry constellation. Let your imagination wander.
7 Friendship is beautiful: Send a quick text or call an old friend. You might make their day!	8 What's a favorite, beautiful place in your town, city, or neighborhood? Swing by for a visit.	9 Pay for someone's coffee, tea, or treat. Generosity is beautiful!	10 What's your favorite poem? Read it aloud to a family member or friend.	11 BEAUTY WALK #2 What are the biggest beautiful things you can find? An oak tree? A skyscraper? Take time to marvel.	12 Send a thank-you note to someone you admire. Name something beautiful they've brought into the world.
13 What's the most beautiful animal in your area? Compare notes with a friend.	14 What's the most beautiful animal on Earth? Find and share a photo or video that does it justice.	15 What's the most beautiful book you've ever read? Revisit a favorite passage today.	16 BEAUTY WALK #3 Bring a bag, and pick up litter as you go. Beautify!	17 What's the most moving act of "moral beauty" you've ever seen? Do something today inspired by it (even something small).	18 Food is beautiful! Go get (or make!) an especially "beautiful bite."
19 Think of someone you admire. What's a beautiful quality they possess? Tell them today.	20 Forgiveness is beautiful: Look for an opportunity to forgive today.	21 BEAUTY WALK #4 Have you ever discovered beauty where others saw none? Visit a place others might overlook and see what beauty is waiting to be found.	22 Research an animal you find "ugly" – and identify one (or two!) beautiful things about it.	23 What's the most beautiful movie you've ever seen? Watch it again – or have a "Beauty Film Festival" with family or friends.	24 Choose a nonprofit doing beautiful, inspiring work – and make a donation. Invest in beauty!
25 Make some art today: Pencil, paint, collage, clay, music, or a beautiful meal – your choice!	26 Support a local business that makes your community more beautiful. Give them a boost – and a positive online review.	27 BEAUTY WALK #5 Choose a favorite color and see how many times you can find it.	28 What's the most beautiful painting or drawing you've ever seen? Compare notes with family or friends.	29 For you, what's one of the most beautiful stories or passages from the Bible? A story, a teaching, a parable, a song – your choice.	30 Reflect on the past 30 days of beauty. What changed? What surprised you? What might you carry forward?