



THE 30-DAY FRIENDSHIP & CONNECTION

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

The 30-Day Friendship & Connection Challenge

Goal: To build stronger, more supportive friendships and connections by reaching out, stepping out of comfort zones, and nurturing the bonds you already have.

For the next 30 days, you'll focus on intentional actions that invite connection—whether with old friends, new acquaintances, or even with yourself. You don't have to do everything perfectly or immediately, but commit to one small action each day. By the end of the month, you'll have not only built connections but also a deeper sense of community.

Feel free to journal about any feelings that come up for you with each action prompt you are given.

Bonus Tips:

- Consistency is key: Even small actions can make a big impact.
- Don't rush the process: Friendships grow over time—allow things to develop naturally.

Celebrate small wins: Each connection you make is a step toward building a stronger community.



My commitment

I, _____, commit to fully participating in the March into Health -The 30-Day Friendship & Connection Challenge.

I will:

- Dedicate time each day to engage in the challenge materials and exercises.
- Set aside time each day to complete my assigned tasks and reflections.
- Prioritize my personal growth and time management throughout the challenge.
- Stay positive, stay open to new ideas, and be kind to myself as I move through the journey.
- Participate in any optional group activities, check-ins, or discussions (if applicable).
- Complete the daily journaling prompts or time assessments, if applicable.

I understand that to make this challenge effective, I need to dedicate time to the process. I am committing to spending _____ per day/week for the next 30 days on the activities, journaling, and reflections required in this challenge.

By signing this document, I am committing to fully participating in the March into Health - 30-Day Nourish Your Body Challenge and doing my best to stay engaged, motivated, and focused on achieving my goals.

date:

signature:

Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

WEEK 1

Start With Yourself Be Open to Connection



WEEK 2

Reach Out & Show Up



WEEK 3

Strengthen the Bonds You Have



WEEK 4

Expand Your Circle & Be the Connector



Congratulations!

Day 30

Celebrate the connections you've built! Share what this challenge has meant for you with your closest friends, or even in our Facebook Group, so others can be inspired by your journey.



If you've enjoyed this challenge, don't forget to join our Facebook Group to share your experiences, connect with other women in the same journey, and continue building lasting friendships. Let's support each other as we grow together!

"This is about progress, not perfection."

XO

Sara