

women's  
services & resources  
BRIGHAM YOUNG UNIVERSITY

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TEN DAY  
CHALLENGE



# TEN DAY CHALLENGE

# Instructions

**Introduction:** Every day, thousands of men and women all over the world are searching for ways to feel good about themselves. Even the most confident of people are looking for opportunities to change who they are in hopes of becoming better. Unfortunately, those standards of perfection and self-worth are defined by the ways of others rather than ourselves. By conforming to worldly ideals and expectations, it is impossible to live a life of happiness and self-esteem suffers.

Be You is a campaign to help you find your own self worth and build a life of health and happiness. This campaign program 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 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 create a life of purpose and meaning.

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**How This Works:** For the next week and a half, you will be given ten activities that will challenge you to increase your self-acceptance. Each day will consist of one 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'll 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 feel free to visit [beyou.byu.edu](http://beyou.byu.edu) for more resources and upcoming events to help you complete the challenge.

GOOD LUCK AND HAVE FUN!



# DAY ONE CHALLENGE: **Be Purposeful**

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

**-Anonymous**

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**Challenge:** Create a SMART goal describing what you would like to accomplish in the next ten days as part of the Be You Challenge. Write it down and hang it somewhere you will see it everyday.

**Journal Prompt:** What are you hoping to achieve over the next ten 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 Ten Day Challenge! Tag one friend to complete the challenge with you. Let's spread the word!

Over the next 10 days, 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 they bring 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 says, “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!

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.

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 for, your experience will be more fulfilling and you will walk away with success!

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## DAY TWO CHALLENGE: Be Fearless

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

-Quentin L. Cook

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**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?

**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 that 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. Conforming 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 the present culture. This fear can hinder you from reaching your full potential. Instead of focusing on those things that make you afraid, use your energy to put your mind towards building your faith.

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# DAY THREE CHALLENGE: **Be Charitable**

**“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

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**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 and why did you choose that act of service? Who served you today and what did they do? How did both acts of service bless your own 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.

**W**e often hear that as we serve other people we forget our own troubles and feel better about ourselves. Isn’t that true?! Maybe while doing community service, on missions, or while serving our own families we’ve 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 theories have shown that people who serve more 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. Those people are known to live longer and have less 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’s the time and quality that you put into your effort that matters. The motive behind service can also greatly influence the experience that 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 services will continue to bless your life as well as those you serve!

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## DAY FOUR CHALLENGE: **Be Mindful**

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

**-Buddha**

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**Challenge:** Have a social media fast. For the next 24 hours, turn off all access to Facebook, Instagram, Twitter, blogs, and other forms of social media. Instead of spending time on social media, use the time to reflect on your own life and be mindful of everything around you.

**Journal Prompt:** Anytime you are tempted to log onto social media or visit a website, pull out your journal instead. What are some things that you have done today in place of social media? What have you noticed in the environment around you? How has it made an impact on your day?

**Photo-Op:** No photo challenge today as part of the social media fast!

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 putting your energy toward the people and things around you. Too often we forget to truly be with the ones who surround us because we are concerned with the details of acquaintances’ lives on social media or with talking to people who are far from us.

We live in a world oversaturated with blogs, social media accounts, websites, magazines, TV shows, and movies that tell us who we should be. We see the happiest moments of our friends’ lives and compare their highlights with our everyday life. We are bombarded with instructions on how to obtain that coveted thigh gap or how to follow the next fad diet and achieve “the perfect body.” Rather than recognizing the environment surrounding us and the impact it has on our self-esteem, or rather than genuinely engaging with the people around us, we put up a front and wish we were somewhere or someone else.

Now not all social media is bad! It is great to have role models and resources to turn to that help make us better people. We just need to remember who we are and be that person. 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!

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## DAY FIVE CHALLENGE: Be Grateful

“To live with gratitude ever in our hearts is to touch heaven.”  
-Thomas S. Monson

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**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 these people, 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.

Scientific 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 of us 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 revealed that people who show more gratitude in their lives reported to live with more vitality and agency and were filled with less anxiety. This study also found that thankfulness was directly connected to a trait of better health, which encompassed physical health, conscientiousness, emotional stability, and optimism.

Everyone can make gratitude a part of their daily life by looking for their blessings and thanking the people who made those things happen. Personal gratitude not only influences an individual's mood, but everyone around them is lifted as they express their gratitude. Even when it seems that the blessings are few, we can always be grateful for what we do have, and as we do so we will start to notice all of the wonderful things that happen around us!

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## DAY SIX CHALLENGE: **Be Positive**

“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

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**Challenge:** Write yourself a positive motivational phrase and hang it next to your SMART goal where you can see it.

**Journal Prompt:** Record your motivational phrase 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.

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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. Know that you can achieve greatness! The only way we can do that is by being confident and accepting of ourselves.



## DAY SEVEN CHALLENGE: **Be Healthy**

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

**-Anonymous**

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**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 that as your 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.

Studies have shown there are many mental-health benefits of physical activity. Every year, 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 witness the power that 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!

# #byuBEYOU



# DAY EIGHT CHALLENGE:

## Be Creative

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

-Julie Israel

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**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’ve never done before.

**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 and tell everyone about what makes it 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 be playing music or teaching a child.

Creativity has many benefits. As we take time to culture 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 much more power to change the world around us than we thought!

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## DAY NINE CHALLENGE: **Be Social**

**“You can make more friends in two months by being interested in people than you can in two years of trying to get people interested in you.”**  
-Dale Carnegie

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**Challenge:** Say hello and smile to at least ten people you have never met. This can be at school, at the store, or on the street. For an extra challenge, strike up a conversation with someone you have never met.

**Journal Prompt:** Write about the experience you had saying hello to new people today. How many people said hello back to you? Did you make a new friend?

**Photo-Op:** Using the hashtag #byuBEYOU, post a picture on social media of you and a friend and share what makes that friend so special.

**H**aving friends and social ties is an essential element to positive mental health and emotional well-being. Consistent evidence has shown that social integration reduces the risks of mental insecurities. Social interaction can come from friends, family, or significant others and its positive influence can greatly improve our life.

Being in positive relationships means deepening your connections with those who love and accept you for who you are. It is common to change things about ourselves so certain people will approve of us. While this can make us feel good at times, the friendships and feelings associated are only temporary. Lasting friendships and happiness occur when we are with people who genuinely care about our well-being and appreciate us. The only way to find those people is by being ourselves and staying true to who we are, and then allowing others to do the same.

As your circle of true friends grows, your confidence will grow. As your confidence increases, your friendships will grow, too. When we think about the people who are most important in our lives, it is usually those who are loving, kind, compassionate, and accepting. Let us strive to be ourselves and the type of person and the friend that we would want in our own lives!

**#byuBEYOU**



## DAY TEN CHALLENGE: **Be You**

**“You were made to be awesome.”**  
-Kid President

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**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 posting it with the hashtag #byuBEYOU . Never be afraid to show who you are!

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**W**e 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’s 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 exactly 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!