

50-Day Choose Peace Challenge

Email Me: @nataliajoelle@choosingpeaceproject.com with updates and pics!

Week 1: Starting Small

1. Write down one reason you want recovery and put it somewhere you'll see it.
 2. Say one positive affirmation out loud in the mirror.
 3. Step outside and walk for five minutes, noticing the world around you.
 4. Text a friend or family member to check in.
 5. Drink a glass of water slowly and mindfully.
 6. Decorate a sticky note with the words "*I deserve peace*" and place it in your room.
 7. Make a list of three comforting things (music, blankets, activities) and use one today.
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Week 2: Calming Your Mind

8. Listen to a calming playlist for 10 minutes without distractions.
9. Write one encouraging sentence to your future self and tape it to your mirror.
10. Light a candle or make a cup of tea and focus on the smell and warmth.
11. Write one fear on paper and rip it up as a symbol of letting it go.
12. Try a 3-minute breathing exercise (inhale 4, hold 4, exhale 6).
13. Send a "thank you" text to someone who's been there for you.

14. Draw a safe-space doodle (a place you'd feel completely peaceful).

Week 3: Building Strength

15. Stretch your body gently for five minutes.

16. Write one negative thought, cross it out, and replace it with a kinder one.

17. Make a mini-poster of a time you overcame something hard.

18. Create a playlist of 5–10 songs that make you feel hopeful.

19. Draw, paint, or color something that represents strength.

20. Write down one thing your body allows you to do (like hug, laugh, or dance). Then *do it*.

21. Say “I am worthy” three times and write it once on paper.

Week 4: Connection & Hope

22. Write one kind note and leave it for someone to find.

23. Read a recovery story, blog, or quote and write down your favorite line.

24. Journal one paragraph about what peace means to you.

25. Write three reasons you're glad to be alive today and decorate the page.

26. Watch a funny video and let yourself laugh out loud.

27. Reach out to a trusted person and share one honest thought about how you feel.

28. Write “I am not alone” on paper and decorate it like art.

Week 5: Creating Joy

- 29. Take a picture of something that makes you smile today.
 - 30. Write a short letter to yourself saying “I’m proud of you” and seal it in an envelope.
 - 31. Try a new hobby or spend 20 minutes on a favorite one.
 - 32. Give yourself one compliment out loud.
 - 33. Make a gratitude jar and put in 3 notes about things you’re thankful for.
 - 34. Sit outside and list 5 things you can see, 4 you can hear, 3 you can feel.
 - 35. Sing along to a song that makes you feel strong.
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Week 6: Healing Mindset

- 36. Write a list of 5 things you’ve learned about yourself in recovery.
 - 37. Write one small goal for your future and put it somewhere safe.
 - 38. Draw a recovery path — a line with ups and downs — to remind yourself healing isn’t a straight line.
 - 39. Share an encouraging quote with someone else.
 - 40. Write down 3 things you’re looking forward to this week.
 - 41. Try square breathing: inhale 4, hold 4, exhale 4, hold 4 (repeat 4 times).
 - 42. Make a list of your strengths that aren’t about appearance.
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Week 7: Living Recovery

43. Write about one moment of peace you felt this week and decorate it.
44. Treat yourself to something small you enjoy (tea, bubble bath, favorite song).
45. Journal: “Why is my life worth fighting for?” and underline your favorite line.
46. Write “I am stronger than my disorder” in bold letters and hang it up.
47. Draw or journal about what life could look like in 5 years of recovery.
48. Write a thank-you letter to your body for carrying you through today.
49. Share one positive thought with a trusted person.
50. Celebrate — make a list of 5 wins from the past 50 days, no matter how small.