

# She Dwells in Possibility

## A Fearless Guide for Women

### 28 Days of Independence Challenge

Day 1: Start a small project that interests you, like an indoor herb garden.

Day 2: Try a new recipe that sounds good to you.

Day 3: Make some popcorn and have a movie night. You pick the movie, of course.

Day 4: Spend time alone at a museum, art gallery, library, botanical garden--anyplace that gives you peace of mind.

Day 5: Listen to your favorite music for 30 minutes.

Day 6: Go for a walk by yourself.

Day 7: Make a gratitude list. Think about the things that make you grateful to be who you are, right here, right now.

Day 8: Plan a solo trip. You don't have to take it, but if you were going to go someplace on your own, where would it be? Where would you stay? What would you do or see?

Day 9: Write a letter to an old friend, telling them what's happened since you last spoke. You don't have to send it; just write the story of your life, in your own words.

Day 10: Pour your favorite beverage and spend 30 minutes reading—a blog, a book, whatever you prefer.

Day 11: Go to the movies by yourself.

Day 12: Take a picture of something that delights you. Don't worry about having to explain yourself. No one else needs to see it, unless you want to share.

Day 13: Give yourself a manicure or pedicure, or go to a nail salon and treat yourself.

Day 14: Choose a new air freshener. Spray it in every room of your house.

Day 15: Binge on a TV series you've been wanting to watch.

Day 16: Organize something that's been driving you crazy—a room, a closet, whatever.

Day 17: Take yourself out to lunch or dinner.

Day 18: Take a nap.

Day 19: Look at your schedule for the week; find at least three 10-minute blocks of "me time." Leave them open for now. Do whatever you feel like when you find those open blocks in your day.

Day 20: Create a new "station" on [Pandora radio](#). (Download the Pandora app and you can take your favorite music with you everywhere.)

Day 21: Buy yourself one new article of clothing (even something small, like a pair of cozy socks) and get rid of or donate one item you don't like.

Day 22: Get together with a friend who makes you feel good about yourself, or make plans to do that soon.

Day 23: Buy yourself some flowers or a new plant.

Day 24: Meditate for 10 minutes. There are many apps that can help with this; I'm a huge fan of [Stop, Breathe & Think](#).

Day 25: Go to a farmer's market on your own and buy a fruit or veggie that you like. Look up a new way to prepare it.

Day 26: Spend 30 minutes doing something creative—paint, draw, crochet, etc.

Day 27: Make your favorite comfort food for dinner.

Day 28: Make a list of your personal goals for the next 30 days.