

# 30 Day Adulting Challenge



- ☐ DAY-1 - Update your resume.
- ☐ DAY-2 - Check your credit score.
- ☐ DAY-3 - Make business cards.
- ☐ DAY-4 - Clean your email inbox.
- ☐ DAY-5 - Update your planner.
- ☐ DAY-6 - Donate old/small clothes.
- ☐ DAY-7 - Read a self-help book.
- ☐ DAY-8 - Back up your contacts.
- ☐ DAY-9 - Back up files on a hard drive.
- ☐ DAY-10 - Master a basic meal recipe.
- ☐ DAY-11 - Clean your social media.
- ☐ DAY-12 - Eat a vegetable.
- ☐ DAY-13 - Follow people who inspire you.
- ☐ DAY-14 - Write a thank you card.
- ☐ DAY-15 - Create a first Aid kit.
- ☐ DAY-16 - Turn on news alerts.
- ☐ DAY-17 - Toss expired beauty products.
- ☐ DAY-18 - Update your LinkedIn.

- ☐ DAY-19 - Make an appointment.
- ☐ DAY-20 - Scan your computer for viruses.
- ☐ DAY-21 - Reach out to an old friend.
- ☐ DAY-22 - Download a money-saving app.
- ☐ DAY-23 - Make a meal plan for the week.
- ☐ DAY-24 - Go to bed at an early time.
- ☐ DAY-25 - Check your bank account.
- ☐ DAY-26 - Make a list of usernames & passwords.
- ☐ DAY-27 - Clean out your bag.
- ☐ DAY-28 - Wash your sheets and pillowcases.
- ☐ DAY-29 - Develop some photos.
- ☐ DAY-30 - Organize your receipts.

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