

**Feel  
Good  
Foundation  
Challenges**

*With*

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## Feel Good Foundation Challenges - Introduction

Having strong feel-good foundations of self-care, joy, energy, and self-love will help you to fall in love with your life, make your dreams come true, and enjoy every day of your precious life. These foundations are the core of my coaching program, and I firmly believe that the better your feel-good foundations are, the better your life is.

But remembering to actually work on these foundations can be tricky in our busy lives. So these challenges will help you to remember to work on each one. Pick whichever challenge appeals to you right now (trust yourself).

If the challenges help you to improve your Feel-Good Foundations, make sure you come back to them repeatedly. One challenge may emerge as a favourite, or you may just want to cycle through them all again.

### ***Measuring your feel good foundations***

For all the feel-good foundation challenges, you will need to measure your foundations. Let's do it now.

Take 5 deep breaths into your heart.

Now ask your heart how is your self-care on a scale of 1-10 where 1 is 'I'm not caring for myself at all' and 10 is 'I take excellent care of myself'?

Take another deep breath into your heart, and ask your heart how much are you enjoying life on a scale of 1-10 where 1 is 'I'm not' and 10 is 'I love my life'?

Take another deep breath into your heart, and ask your heart how energised are you feeling on a scale of 1-10 where 1 is 'I could lie face down on the floor and stay there' and 10 is 'I'm like Tigger – full of energy'?

Take a last deep breath into your heart, and ask your heart how is your self-love on a scale of 1-10 where 1 is 'I don't love myself at all' and 10 is 'I love, cherish, adore and treasure myself'?

### ***Things to bear in mind:***

#### **You can have fractions**

Sometimes you're not quite a 6, but also not as low as a 5...so you may be 5  $\frac{1}{4}$  or 5  $\frac{1}{2}$ . If you're wavering between 2 numbers, see if a  $\frac{1}{4}$ ,  $\frac{1}{2}$  or  $\frac{3}{4}$  feel right.

#### **Don't judge the number**

This is just a gauge to see where you're at. It's like looking at the fuel gauge in your car. There is no point inflating the number, because you'll run out of fuel. Same with your feel-good foundation numbers. They are what they are.

It is no reflection on you or how good or bad you are as a human. If it helps, most people's self-care is not great, their level of joy is lower than they'd like, their energy

is generally in their boots, and as for self-love...forget about it. (That's why I wrote the book!)

So don't judge your numbers.

### **Let your heart answer.**

Your brain will jump in and try to tell you what the number should be. Ignore it. Breathe back into your heart, and ask your heart again. Your thoughts can get kind of shouty and loud. That's OK...just let them yell, then breathe deeply and listen to your heart.

### **Be Patient**

If you've not done this exercise before, it may take time to get an answer. When I go through this with clients, they usually give it about 4 seconds before saying they don't know. If no answer comes immediately, be patient.

Keep breathing, and let the answer come to you rather than trying to think about it or chase it.

### **Trust yourself**

Sometimes we're not sure if it's our heart we're hearing. Trust yourself to know.

And don't forget this is just a number. It's just to give you an idea where you're at and what you need to work on. You don't have to get it perfectly, exactly right. A rough idea will do.

Trust yourself to know the number too...even if your thoughts think it should be more or less. (This happens a lot, even to me, and I've been measuring my feel-good foundations since around 2008!)

## ***What to do to work on your feel-good foundations***

Often, clients don't know what to do for their self-care, joy, energy, and self-love. If it's not something you usually focus on, why would you?! At the end of this mini ebook, I've put 100 ideas to help you decide what to do.

But first, ask yourself. You have all the answers you need. Trust yourself (this is good self-love by the way).

Just like when we checked in with our hearts to find out how we're doing in each area, breathe into your heart and ask your heart:

- What can I do today to take care of myself?
- What would bring me joy today?
- What could I do today to give me energy?
- What can I do today to show love for myself?

The reason I add the word *today* into the question is that when we try to complicate matters with what we can do overall, it can feel like too big a task. But if you ask what you can do today, your heart will usually give you something simple and easy that will fit in with your day (look out for your brain trying to make it more difficult!).

You can also ask:

- What do I need right now? (physically, mentally, emotionally, spiritually, and/or for your energetic self)
- What do I love to do?
- What's fun for me?
- What is draining my energy?
- What makes me feel loved?

You have lived with your whole life. No one else knows you better than you, so trust yourself to know what's right for you. By all means be inspired by my ideas in the last section. By all means ask Auntie Google for ideas. But also, listen to yourself.

*If you have any questions about any of this, or any of the challenges, or you'd love to share your experience, (I would love to hear it!), you can find me on [Facebook](#) or you're welcome to send an e-mail to [donna@donnahigton.com](mailto:donna@donnahigton.com).*

# The Challenges

## ***Challenge 1 – 1 point improvement***

Preparation: Choose 3+ days where you know you will not be too busy to do the work on your foundations – I usually run this challenge over a weekend, but if weekends tend to be busy for you, choose a different 3+ days where you will have 15 minutes or more every day to work on your chosen foundation.

You may also want to make a list of quick and easy things you can do for each foundation so you don't have to try to decide what to do when the time comes.

The idea of this challenge is to move your feel good foundation up one point. It is challengers choice how long you do this for (3 days is a good start, but you can go for a full month if that feels good) and when you measure.

I tend to measure mid-morning (because I'm not a morning person) and early evening (because after that I'll get tired and it won't matter how much feel good work I've done, my measurements will be on their way down).

You can also measure the foundation you are working, do whatever you want to do to improve it by one point, then measure again.

This is a good way of doing it if you find your foundations fluctuate a lot. Energy is the one that fluctuates a lot for me – early morning it'll be low, mid-morning it'll be high, by mid-afternoon low again, early evening can go either way, and by late evening my energy will be waning.

Measuring as soon as you've taken the action is also a great way to see how much difference it makes just doing one small thing. For example, the other day I woke up feeling blue. My level of joy was 6 (low for me). So I put on my 'music I love' playlist. Within 10 minutes I was singing and dancing along, and out of curiosity after 20 minutes I measured my joy again – 8.25. Just with 20 minutes of listening to music I love.

The final reason this is a good way to do it (at least in the beginning) is that if your foundation hasn't moved up by 1 point, you can do something else for that foundation. (If it feels too difficult to raise your foundation 1 point on a day, you can also aim for ½ a point higher, or ¼ of a point higher.)

But it's your choice. You can even switch between both measurement methods if you like and try them out to see which one feels best.

You may find it is easy for you to move each foundation up by 1 point. If so, feel free to see how high you can go, or switch to a different foundation on the same day and work on that one too – whatever feels good to you. Let it be nice and easy. If it's easy, you'll keep doing it. If you overcomplicate it and make it hard work, you're more likely to get discouraged and ditch the challenge.

It may not be so easy to move your chosen foundation up a point. If this happens, make sure you don't tighten up and get stressed about it. Sometimes when our feel-good foundations are low, or we've got into a bit of a rut, it can take a bit more effort to move those foundations.

You could try doing a full hour of feel-good foundation tending. You could try doing something new to look after that foundation. You could aim to move up ¼ point instead. Or, you could just let it be OK that you didn't hit a full 1 point rise on that day. There is no failure, there is just feedback on how you can do better next time.

What if the foundation score doesn't go up or actually goes down? Generally there will be a reason for this – for example, if I work late, all my foundation scores will go down *even if* I have done foundation tending work all day long. So note down what might have caused your scores to reduce – knowledge helps us get better at improving our feel-good foundations.

It can be an interesting exercise to notice your fluctuations throughout the day, but don't worry about it – it's normal to get those fluctuations. If you've been scoring morning and evening and notice your scores going down you might want to try scoring either side of your self-care/joyful stuff/energising action/self-love.

**Advanced version** of this challenge: measure all your feel-good foundations morning and evening, and see if you can move them all up 1 point. *I don't recommend this if you're just starting out on working your feel-good foundations*, but if you're finding adding 1 point to one foundation easy, and regularly adding a 2<sup>nd</sup> foundation in, try +1 on all 4. As long as it stays fun!

### **Important points to remember:**

- \* Let it be easy and fun. If it feels hard work, simplify it. Aim to move up just ¼ point. OR let it be enough that you feel a little better. Never use any of these challenges as an excuse to beat yourself up or make yourself feel bad.
- \* Do what you can with what you have. Yes, a weekend at a health spa would be great for our self-care (if you like that sort of thing) but if you can't do that this weekend, settle for a bath or a face mask or half an hour reading your book.
- \* Ask your heart "what can I do to bump this foundation up 1 point today?" to get some ideas what you can do.
- \* Don't beat yourself up if you only raise it 1/4 point, it's still higher than it was. 😊

## ***+1 challenge printable***

*Measure your chosen feel-good foundation, raise that number up one point throughout the day.*

\*This table gives you room for 14 days, but remember you can choose how long you do this challenge for.

<b>Starting measurement &amp; foundation</b>	<b>What you did</b>	<b>End measurement</b>
<i>EG Self-care, 4</i>	<i>Had a nap</i>	<i>5.5</i>

When you've completed the number of days you chose for this challenge, celebrate your success – whether that is +1 every day, or + ¼ some days. All progress is worth acknowledging.

## ***Challenge 2 – work on the worst***

*This is a 4 week challenge.*

With this challenge, you'll measure your foundations at the start of the week, then each week you'll work the lowest scoring foundation for that week. If you have tied scores, you get to choose which one you'd rather work on. Whenever you get to choose, trust yourself to know what's best for you. Don't overthink it, just pick one.

To work on each foundation, all you need to do is do at least 2 minutes of self-care, something joyful, an energising action, or self-love. You can put as much time in as you like, but if you're busy, you only need to find 2 minutes, keeping it nice and easy-peasy.

You don't need to check your score again til the end of the week. The goal of this challenge is to get you regularly working on your foundations, and hopefully seeing what a difference it can make when you spend even just 2 minutes paying attention to that foundation.

After each week, evaluate. What worked for you? What didn't? There is no need to judge or blame yourself for anything, instead try to learn from each week so you can do better next week. Set yourself up for success by learning from what worked and what didn't.

When I did these challenges myself, I realised on busy days, I just didn't get round to doing it (hence the 2 minute idea – no matter how busy the day, I could find 2 minutes). I also noticed that if I didn't know what to do, I didn't do it. So I created a quick list of a few things I could do for each foundation, so I could just pick off the list. And finally I noticed some days I just forgot, so I set a daily reminder on my phone!

Each time you are trying to build a new habit or start a new practice, there will be teething problems as well as days that go swimmingly – learn from the days/weeks where it isn't working, and notice what's working well so you can use that again in future.

*Preparation: When will you work on your chosen foundation? Is there a good time of day for you? Will you remember easily or do you need to set a reminder? Do you have a few go-to ideas for each foundation so you don't have to think about it?*

## ***Work on the Worst challenge printable***

*Week 1 day 1: Measure your feel-good foundations*

Self-care \_\_\_\_ Joy \_\_\_\_ Energy \_\_\_\_ Self-love \_\_\_\_

Which has the lowest score? *If more than one has the same low score, you get to choose which one to work on.*

This week I will be working on: \_\_\_\_\_

On day 7, check in again on that foundation: \_\_\_\_

Has there been any change in the score? If not, do not worry – all sorts of things can impact your scores, not all of them under your control.

How have you felt about working on this foundation? Has it been fun? Has it been easy? \_\_\_\_\_

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*Week 2 day 1: Measure your feel-good foundations*

Self-care \_\_\_\_ Joy \_\_\_\_ Energy \_\_\_\_ Self-love \_\_\_\_

Which has the lowest score? *If more than one has the same low score, you get to choose which one to work on.*

This week I will be working on: \_\_\_\_\_

On day 7, check in again on that foundation: \_\_\_\_

Has there been any change in the score? If not, do not worry – all sorts of things can impact your scores, not all of them under your control.

How have you felt about working on this foundation? Has it been fun? Has it been easy? Was this week better or worse than last week? Do you notice a difference to the other foundations? \_\_\_\_\_

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*Week 3 day 1: Measure your feel-good foundations*

Self-care \_\_\_\_ Joy \_\_\_\_ Energy \_\_\_\_ Self-love \_\_\_\_

Which has the lowest score? *If more than one has the same low score, you get to choose which one to work on.*

This week I will be working on: \_\_\_\_\_

On day 7, check in again on that foundation: \_\_\_\_

Has there been any change in the score? If not, do not worry – all sorts of things can impact your scores, not all of them under your control.

How have you felt about working on this foundation? Has it been fun? Has it been easy? What are you noticing about working on your foundations? What's been working well? What hasn't been working?

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*Week 4 day 1: Measure your feel-good foundations*

Self-care \_\_\_\_ Joy \_\_\_\_ Energy \_\_\_\_ Self-love \_\_\_\_

Which has the lowest score? *If more than one has the same low score, you get to choose which one to work on.*

This week I will be working on: \_\_\_\_\_

On day 7, check in again on that foundation: \_\_\_\_

How have you felt about working on your foundations this month? Has it been fun? Has it been easy? \_\_\_\_\_

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Which foundations have you been working on and which was your favourite foundation? \_\_\_\_\_

What did you learn from doing this challenge? \_\_\_\_\_

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### ***Challenge 3 – SEVEN!***

*You can do this challenge for any period of time you like, but I recommend you do it for a month.*

The purpose of this challenge is to get your foundations up to 7's across the board...but we start at self-care. So get your self-care up to a 7, then get your level of joy up to a 7, then energy, then self-love. This is the challenge I usually give to my clients when they start working with me (and anytime their foundations dip).

7 is a good number – it's usually attainable for most of us, and once your self-care is a 7, you'll notice how much better you feel and how much easier life is.

If your self-care is routinely zero to 2, it may take more than a month to get up to a 7 in self-care alone. So you may not get to the other foundations. That's OK. As you work on your self-care, your energy will rise, your level of (and capacity for) joy will rise, and your self-love will rise...without you doing a thing on them.

Self-care is that impactful. If you notice that isn't happening, feel free to switch focus onto a foundation that isn't moving, but I find that keeping your focus on self-care until it's 7+ regularly is much easier. No need to complicate things unnecessarily.

If your feel-good foundations are low, and you don't want to focus solely on self-care or you feel like a 7 is going to be too much to aim for, feel free to change the number you aim for to a 5 and get to 5's across the board first. I had a client do this as she felt getting to 7's within a month was not possible. Within 10 days, she hit 5's across the board, and started to work on getting them up to 7's! (She did hit 7's in all but one within a month by the way.)

If you're hitting 7's across the board, awesome - aim for 8's. If you're hitting 8's easily, you may want to try the perfect 10 challenge.

It is up to you if you want to measure your foundations morning and evening, or just once a day. I tend to just measure once a day, then focus on the foundation I'm working on without measuring again. Your foundations will fluctuate during the day, so even if you measure a joy level of 6 at 11 am, if you've had a stressful day, it may well go down at the end of the day even if you've done things that brought you joy.

I also let this be very easy and simply aim to do a minimum of 2 minutes on that foundation. Trust that doing something for that foundation every day will help it rise over time. You can always do more if you want to and you have the time, but not to the extent of stressing yourself out.

In the daily journal: log your feel good foundation scores in the first half of the day; then log what you have done for the foundation you're working on. This helps you create a list of things for each foundation, and keep track of what you're doing and how much difference it's making.

## ***SEVEN challenge printable***

To do this challenge: Measure self-care – if it's less than a 7, you'll be focusing on self-care today. If it's a 7 or more, measure joy - if it's less than a 7, you'll be focusing on joy. If it's a 7 or more, measure energy - if it's less than a 7, you'll be focusing on energy. If it's a 7 or more, measure self-love. If they're all 7+, you can focus on the lowest, or aim for 8's.

[illegible]

### ***Challenge 4: Check in with all of you every day***

In the self-care section of Feel Good Foundations, we talked about checking in with body, mind, heart, soul, and energetic self. In this challenge that's exactly what you'll do. Find out what message they have for you and what they need.

I like to combine this one with checking in with my foundations daily (although I don't always *do* it daily). It takes about 10 minutes max, plus whatever action you decide to take. And remember that often the action you take can just be part of your day – it doesn't have to be a special trip or finding an hour for yourself.

Looking back at my notebook over the past few days, my chosen activity has been: shake off icky energy; meditate (for 10 minutes); dance; laugh; sitting in the winter sun to get some vitamin D; do yoga; stretch; sing; rest; nap. None of them took more than 20 minutes.

Check in and ask what your body is saying to you today, and what it needs. Repeat for mind, heart, soul, and energetic self.

You can of course split this up and ask *either* what each part of you is saying or what it needs. You can even just focus on one aspect of you. I don't recommend it though – most of us are well practiced in ignoring parts of us. This exercise will give you great awareness of the whole of you. And it really doesn't take that long.

In the beginning, you may find it takes a while to tune in to each part, and if that's the case and you're pressed for time, please do modify the exercise to suit your needs. One of my clients set a timer for 10 minute to do this, and wherever she got to was where she started the next day.

So if in 10 minutes on day 1 she did body and mind, the next day she would start with heart and see how far she got. This ensured that no aspect of her was being left out, that she wasn't feeling pressured (which doesn't help with listening to yourself) and that if one aspect took a long time to connect to, it didn't matter because she'd just do the next one the next day.

Of course, ideally you will give body, mind, heart, soul, and your energetic self everything they need. On good days, they will all want you to rest or meditate or move or get out in the fresh air. But some days they will all need something different. So make it easy for yourself. Do what you can. Be aware of which aspect is most in need.

Or do the easiest thing out of the 4. We are all very busy and time pressed so it may not be possible to meet the needs of every aspect – so remember that merely being aware that your soul needs some quiet time or some joy or some adventure is better than no awareness of your soul at all.

You'll also find on some days those different aspects of you seem to want completely different things. Like when your body craves rest, and your mind is crying out for

stimulation. Or when your heart wants to be with loved ones and soul is calling for alone time.

Sometimes you can meet both needs – for example, sitting down to read is physically resting and mentally stimulating. Other times you'll need to either choose which one is the most needed or try and do both – by spending time with loved ones but then locking yourself in the bathroom or escaping to the kitchen to do the pots to get your alone time.

The most important thing is to let it be easy. Be effortless with it. Do what you can with the resources you have. Don't let it become a stress or a chore. Find a way to make it part of your daily life so that you can access the wisdom of your body, mind, heart, and soul and also meet the needs of all of you.

Your body, mind, heart, soul, and energetic self are loving and want the best for you. If you're getting criticism or abuse, you've tapped into the inner critic, not your body, mind, heart, soul, and energetic self.

## ***Check in with all of you every day Printable***

*This sheet gives you just one run through of the elements, so will only last 1-5 days. You may need to print a few copies.*

What is my body saying to me today?

What does my body need today?

What is my mind saying to me today?

What does my mind need today?

What is my heart saying to me today?

What does my heart need today?

What is my soul saying to me today?

What does my soul need today?

What is my energetic self saying to me today?

What does my energetic self need today?

## ***Advanced Challenge – Get up to 10***

*When to use this challenge: when your foundations are routinely a 7 and above. You can also try it if you just want to challenge yourself, but BEWARE! This challenge can be deeply challenging.*

Clients have often found this particular challenge difficult. I do too - all those unworthiness resistances come up, along with the thought 'my foundations are good enough, I need to go do other things', along with a whole host of other objections to getting your feel-good foundations to a 10.

If you experience this, or you think you might experience this, sneak up on it! Go for 8's, then 9's, then 10's. For me, it's the only way I can do this challenge. If I try to go from 7's to 10's in one fell swoop, all sorts of crazy thoughts come up, like:

I don't have time (*it doesn't have to take that long*).

I don't deserve to feel that good (*wait, what?*)

How can I feel good when other people don't (*how does me feeling terrible help them?*)

This is stupid (*no, it isn't*)

I'm too busy for this (*again, it doesn't have to take that long*)

It can be uncomfortable to get to a 10. But that's OK, we can do uncomfortable. But this is why I do 8, 9, 10...because it's less uncomfortable. I like things to be easy and doable, not stressful and challenging. You may want to go back to Feel Good Foundations and read the sections on resistance while you're doing this challenge.

Just notice what thoughts come up. (You'll log them in the daily journal for this challenge.) You don't have to do anything with them, but if you have a process for dealing with thoughts<sup>1</sup>, you can. But always let it be easy - if it feels good to use your tools, use them. If it feels good to just notice and carry on working on your foundations, do that.

You may find you can't (easily) get to a 10 in one of the foundations. For me, the foundation that lags behind is energy. I have MS, which limits the amount of energy I have available. If you're currently grieving, a 10 in joy may be a harder target to hit.

So if you find one is out of reach for you, get as far as you can, then try focusing on the others and come back to that one later. For me, focusing on self-care, self-love and joy often does raise my energy levels automatically. Since my last big relapse in 2019, my highest energy score has been 8.5 – and it's only been above 7.5 on a few

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<sup>1</sup> For example, the Upstream/Downstream process by Abraham Hicks, The Work by Byron Katie, The Model by Brooke Castillo, or the Housetraining Your Critical Thoughts process by me (you can find this in the [Feel Good Foundations resources page](#)).

occasions. So generally, I focus more on the other foundations while being aware of my energy levels.

The 'get up to 10' challenge can be difficult, but know that if you find it tricky, it's not just you. There is all sorts of familial, societal, and generational conditioning around you feeling good – plus all the habits and beliefs we've picked up throughout our lives. Working to get from good to great can bring all this stuff up with a vengeance.

You may also want to re-read the section in Feel Good Foundations called "why is self-love so hard?" – a lot of these things are relevant to self-care, joy, and energy as well when you are getting better and better at them.

Remember although the challenge is to get to a 10, you don't have to be perfect. Thinking about where you were when you started thinking about your feel-good foundations, wouldn't an 8 be great? And a nine just fine?!

Never use these challenges as a stick with which to beat yourself. The idea is simply that your feel good foundations get better. That's it. Not that you're a perfect Stepford self-care/joy/energy/self-love guru! And even when you get to a 10, the levels most likely won't stay there, they'll keep fluctuating. You'll have to keep doing the work to keep your foundations strong.

So remember to always let it be fun, even as it's bringing up all your stuff!

*What if my feel-good foundations drop dramatically?* This can happen. Especially if you're making this challenge very significant instead of a fun way to raise your feel good foundations, or if life gets very busy. Or if shit happens. Or if those thoughts about worthiness, deservingness, self-esteem and confidence go crazy.

What do you do? Challenger's choice. Here's what I would do: On days 1-3 carry on with the challenge, even though my foundation levels are down to a 6. Because sometimes we have a couple of bad days and then bounce back. Day 4 I would ask myself: what would feel good? And do that. That might be to carry on regardless, it might be to go back to the 7's challenge, it might be to take a break and start again another time.

Just be wary of the latter though - our resistances can be sneaky so if you're thinking "when I have more time", or "when things are less busy" remember that those times never come. If that's your resistance, explore it more. Get some coaching to help you figure out why you're running from having great feel good foundations.

*Why does this bring up so much stuff? Getting to 7's wasn't this hard!* I hear ya. Actually, a lot of these thoughts do come up when we're improving our foundations from under 7's. But they tend to be quieter, more fleeting thoughts than yelling, obnoxious thoughts.

We can also ignore them more easily when our self-care, joy, etc. are not good. When you know your self-care is a 2 and you get the thought “I don’t have time for this”, you will be more likely to reply “nonsense, my self-care is a 2, I *have* to make time for this”.

Even when we hit the dizzy heights of 6’s, getting to a 7 feels easier because we now know how much better we feel when our self-care, joy, energy and self-love are good, so we’ll push back on those thoughts. But when we want to go from good to great – whoosh! All that prior programming, all our old nonsense, any beliefs that are in the way of us getting to a 10 will come up.

This is a good thing – we want all this stuff to come up so we can work through it, and get past it as best we can. Because this particular challenge is likely to bring up your stuff, the daily journal is a little different. You will note what the feel good foundation measurement is, what you did to work on that foundation, and what thoughts and resistances you notice.

You can just notice those thoughts, or you can do the work on them – explore them, challenge them, change them. The more light you can shine on the resistance, the more you’ll find that a lot of it is balderdash.

You may find “10 challenge” specific resistances too – one of mine was “this is going to be hard work”. Huh? And because I thought it would be hard work, I didn’t want to do it, so my foundations got worse for a little while. Until I examined the thought and realised it was utter nonsense.

Yes, it is more effort to get to 10’s. Yes, it does take changing your behaviour – putting the foundations higher on the priority list, paying more attention to how you feel and what you need, taking more time for joy and rest, being more vigilant about your self-loving (or not) behaviour. It also means clearing the thoughts and fears that have been holding you back.

What got you to a 7 probably won’t get you to a 10. Good self-care habits help me maintain a minimum of 7/10 self-care with ease, but it doesn’t get me higher. That takes a change in behaviour, a prioritisation of self-care, a willingness to notice, examine, and get past the resistances.

But it’s not *hard work*. So if you have some “10 challenge” specific resistance, name it, question it, examine it, challenge it, and keep aiming higher anyway. Being aware that your foundations will fluctuate, because of life.

Life will keep happening. You may get to 10 out of 10 in all areas. You might not stay there. You may not quite get to 10’s the first time you try. I have done this challenge several times, and I’ve never hit 10’s across the board. With MS, it’s likely my energy will never hit a 10. Ironically, the one I found the easiest to get to 10 was self-love – after years of this being the most challenging foundation for me.

Excellent self-love helped me remember that this challenge is not to get me to perfection (which doesn’t exist) but is a *fun* way to improve the feel good

foundations and get them as high as I can. If that is 8's and 9's, it is better than 6's and 7's. And maybe one day 10's will be within reach.

If you're having a difficult time in life, please don't use this challenge to make life even harder, to beat yourself up by telling yourself you should be doing better. When you're super-stressed and busy, it's likely your self-care will slip. And that's ok, you don't have to be perfect.

When you're sad and grieving, the chances are you won't want to be happy-clappy joyful. And that's ok. There is exquisite joy in the deep love that leads to deep grief. But it's probably not going to feel like 10 out of 10 joy.

When you're sick, there's a strong possibility your energy won't be 10/10. And that's ok – you're allowed to have an off day or week or month or more. When you're in a bad mood, it's possible your self-love will slip. And that's ok. We're not perfect beings. We're human. Living a life that sometimes makes 10's difficult.

So if you're in one of those phases of life, do one of the other challenges instead. Do the most loving thing you can do for yourself. Remember that it's good self-care to be fluid and adaptable to life's circumstances. Going for 10's should be a fun challenge, not a way to harm yourself with impossible expectations.

If you get stuck, you may need to get some help to work through your stuff. Feel free to get in touch with me – I am really curious about this subject and I'll be happy to help if I can. My e-mail is [donna@donnahigton.com](mailto:donna@donnahigton.com)

***PERFECT 10 challenge printable***

To do this challenge: You can either choose a foundation to try to work up to a 10, or aim for 8's across the board, then 9's...then 10's. Challengers' choice. There are 14 days on this table.

[illegible]

## **Ideas for your feel-good foundations**

### ***Self-care***

1. Take a nap
2. Read a book
3. Book a massage
4. Meet a friend
5. Get outside in the fresh air
6. Move your body
7. Meditate
8. Take a bath
9. Schedule appointments for health-care and pampering
10. Journaling or creative writing
11. Get your best pj's on and chill
12. Take a long walk in nature
13. Savour your favourite beverage
14. Craft – make something, knit, sew, bead
15. Drink water
16. Take time to potter
17. Play
18. Switch off the tech
19. Respect your boundaries
20. Count your blessings
21. Curate your social media (unfollow any accounts that make you feel bad)
22. Breathe deeply
23. Watch a favourite TV show or film
24. Listen to a podcast/audiobook you love
25. Have a picnic

### ***Joy***

1. Create a music you love playlist and play it loud
2. Sing into a hairbrush
3. Dance
4. Go to your favourite place
5. Meet up with someone who brings you joy
6. Laugh
7. Play with a child or pet
8. Listen to a playlist of music you loved as a child
9. Doodle
10. Get out in the sunshine
11. Get hugs and cuddles
12. Blow bubbles
13. Walk barefoot in the sand/grass
14. Enjoy your favourite scents (freshly baked bread, coffee, aromatherapy)
15. Watch the sea
16. Do some gardening

17. Listen to the birds sing or crickets chirp
18. Watch shooting stars
19. Washing drying in the sun
20. Flowers
21. Pyjama days
22. Spa days
23. Climb a tree
24. Jump in puddles
25. Kick through leaves

## ***Energy***

1. Breathe deeply
2. Run
3. Rest
4. Do something you're passionate about
5. Do nothing for 10 minutes (a great replenisher)
6. Clear [botherations](#) (things that are bothering you)
7. Clear clutter
8. Take an exercise class
9. Dance
10. Have an afternoon nap
11. Have acupuncture
12. Get stuff off your plate
13. Eat energising foods
14. Drink plenty of water
15. Learn to listen to what your body needs
16. Eliminate energy drains
17. De-stress
18. Focus on getting happier
19. Ask yourself what gives you energy and do more of that
20. Tap into life force energy/chi
21. Honour the ebbs and flows of life
22. Honour the energy of the seasons
23. Take an Epsom salt bath or foot bath
24. Single task
25. Learn to say no

## ***Self-love***

1. Give yourself a pep talk
2. Do a 'what I did' list – include everything you've done today, including chores and 'little' jobs
3. Trust your decisions
4. Connect with your inner wisdom

5. Build your confidence
6. Believe in yourself
7. See yourself as uniquely magnificent
8. Praise yourself
9. Motivate yourself with love instead of criticism
10. Encourage yourself
11. Cherish, adore and treasure yourself
12. Back yourself
13. Seek to understand yourself
14. Learn greater self-acceptance
15. Love all of you, not just the good bits
16. Celebrate the miracle that is your body, and all it allows you to do
17. Notice when you get things right
18. Celebrate when you have a win in life, even a small one
19. Nourish your body with food and water
20. Pamper yourself
21. Be kind and gentle with yourself
22. Have compassion for yourself
23. Treat yourself like a precious jewel
24. Recognise how well you're doing at life (especially when life is hard)
25. Have faith in yourself

Remember also to trust yourself to know what makes *you* feel cared for, joyous, energised, and loved. If the above ideas don't work for you, find things that do. Feel good foundation improvement plans should be individually tailored, so go VIP treatment on yourself and really customise your plan so you feel as good as you can.

If you have any questions about the feel good foundations, or the challenges, or you'd love to share your experience, (I would love to hear it!), you can find me on [Facebook](#) or you're welcome to send an e-mail to [donna@donnahigton.com](mailto:donna@donnahigton.com).

For more articles and ideas to help you get strong foundations, fall in love with your life, and make your dreams come true, join my magnificent mailing list [here](#).