

THE 30-DAY SURPRISE CHALLENGE
Daily Planning Sheets

SHEET 1: PRE-CHALLENGE PREPARATION

My Why Statement

Why am I starting this challenge?

What do I hope will change in me by Day 30?

How do I feel about happiness right now? (1-10): _____

Three words that describe my current state:

Challenge Details

Date I'm starting: _____

My Commitment to Myself

I, _____, commit to completing 30 consecutive days of unexpected acts of kindness. I understand that some days will be hard, some acts will feel awkward, and I won't be perfect. But I commit to showing up anyway.

Signature: _____ Date: _____

SHEET 2: MY ACT BANK

Brainstorm Before You Start - Fill this out before Day 1

FREE ACTS (0 cost)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

LOW-COST ACTS (Under \$10)

- _____
- _____
- _____
- _____
- _____

ACTS FOR STRANGERS

- _____
- _____
- _____
- _____

ACTS FOR FRIENDS/FAMILY

- _____
- _____
- _____
- _____

ACTS FOR COWORKERS

- _____
- _____
- _____

ANONYMOUS ACTS

- _____
- _____
- _____
- _____

QUICK ACTS (Under 5 minutes)

- _____
- _____
- _____
- _____

BACKUP IDEAS (for when I'm stuck)

- _____
- _____
- _____

SHEET 3: DAILY REFLECTION PAGE

Print 30 copies or use digitally - One per day

DAY _____ of 30

Date: _____ Day of Week: _____

My energy level today (1-10): _____

How I'm feeling before the act:

☐ Excited ☐ Nervous ☐ Tired ☐ Motivated ☐ Resistant ☐ Neutral
☐ Other: _____

THE ACT

What I did today:

Who it was for:

☐ Stranger ☐ Friend ☐ Family ☐ Coworker ☐ Neighbor ☐ Service worker
☐ Other: _____

Time it took: _____ Cost (if any): \$ _____

Was it planned or spontaneous?

☐ Planned ahead ☐ Saw an opportunity and took it

THE REACTION

Their immediate response:

Their facial expression/body language:

What they said (if anything):

Did they know it was me or was it anonymous?

☐ They knew ☐ Anonymous ☐ They figured it out later

MY EXPERIENCE

How I felt DURING the act:

☐ Awkward ☐ Joyful ☐ Nervous ☐ Natural ☐ Uncomfortable ☐ Energized
☐ Self-conscious ☐ Proud ☐ Connected

☐ Other:

How I felt AFTER the act (1 hour later):

Unexpected thoughts or insights that came up:

Did anything surprising happen?

REFLECTION QUESTION

Answer at least one

What did I learn about myself today?

What did I notice about the person I helped?

How did this act challenge me or push me outside my comfort zone?

What might the ripple effects of this act be?

If I could do it again, would I change anything?

HAPPINESS CHECK

My happiness level right now (1-10): _____

Compared to this morning, I feel:

☐ Much happier ☐ Somewhat happier ☐ About the same ☐ Less happy
(that's okay too)

Three things I'm grateful for today:

1. _____
2. _____
3. _____

TOMORROW'S PLAN

Ideas for tomorrow's act:

Reminder to myself:

MEMORY SPOT

☐ I took a photo today (attach or describe):

☐ I want to remember this moment because:

Energy level at end of day (1-10): ____

One word to describe today: _____

SHEET 4: WEEKLY REFLECTION PAGE

Print 4 copies - One per week

WEEK _____ REFLECTION (Days _____ to _____)

Date Range: _____ to _____

WEEKLY OVERVIEW

Acts completed this week: _____ out of 7

Quick list of what I did:

- Day _____:

- Day _____:

- Day _____:

- Day _____:

- Day _____:

- Day _____:

- Day _____:

Most memorable act this week:

Most challenging act this week:

Easiest/most natural act this week:

PATTERNS I'M NOTICING

Types of acts I'm gravitating toward:

Types of acts I'm avoiding:

Times of day when I tend to do acts:

☐ Morning ☐ Midday ☐ Afternoon ☐ Evening ☐ Varies

My go-to acts when I'm tired or stuck:

PERSONAL SHIFTS

How I'm different this week compared to last week:

Things I'm noticing more:

Conversations or moments that surprised me:

How my relationships are changing:

CHALLENGES & SOLUTIONS

Biggest challenge this week:

How I overcame it (or didn't):

What I need to adjust for next week:

Support I need:

HAPPINESS TRACKING

Average happiness level this week (1-10): ____

Compared to last week, I feel:

☐ Significantly happier ☐ Somewhat happier ☐ About the same ☐ Less happy ☐ It's complicated

The biggest mood shift happened on Day ____ when:

I felt most alive/present when:

RIPPLE EFFECTS

Stories that came back to me this week:

People who've noticed I'm different:

Acts that inspired others:

Unexpected consequences (good or challenging):

GRATITUDE

Five things I'm grateful for this week:

1. _____
2. _____
3. _____
4. _____
5. _____

Someone who inspired me this week:

A moment I want to remember forever:

NEXT WEEK'S INTENTIONS

What I want to try next week:

Types of acts I want to experiment with:

Someone specific I want to surprise:

One thing I'll do differently:

My commitment to myself for the week ahead:

Weekly happiness score (1-10): ____

Three words to describe this week:

SHEET 5: MID-CHALLENGE CHECK-IN

Day 15 - Halfway There!

Today's Date: _____

You're halfway through! This is often the hardest point. Let's pause and reflect.

HONEST ASSESSMENT

How are you REALLY feeling about the challenge?

On a scale of 1-10:

- My commitment level: _____
- My enjoyment: _____
- My energy: _____
- My happiness: _____

Have I missed any days? _____ If yes, how many? _____

How did I handle that?

WHAT'S WORKING

Acts that have felt most natural:

Unexpected joys:

Ways I've surprised myself:

Favourite moment so far:

WHAT'S HARD

Biggest struggle:

Acts that feel forced or uncomfortable:

Days when I didn't want to participate:

What almost made me quit:

TRANSFORMATION CHECK

How I'm different from Day 1:

Things I notice now that I didn't before:

How others are responding to me differently:

Internal shifts I've experienced:

RECALIBRATION

Do I need to adjust anything for the second half?

What would make this more sustainable?

What do I need to let go of?

- ☐ Perfectionism ☐ Overthinking ☐ Need for recognition ☐ Comparison
☐ Pressure
☐ Other:

My renewed commitment:

LOOKING AHEAD

What I want to accomplish in the second half:

Someone I definitely want to surprise:

Type of act I want to try but haven't yet:

How I'll celebrate Day 30:

Halfway happiness score (1-10): ____

I'm proud of myself because:

SHEET 6: OBSTACLE TRACKING SHEET

Use this when you hit a wall

WHAT'S STOPPING ME TODAY?

Date: _____ Day: _____ of 30

Check all that apply:

- ☐ I'm exhausted
 - ☐ I don't have time
 - ☐ I can't think of anything to do
 - ☐ I don't feel like it
 - ☐ I'm feeling awkward/self-conscious
 - ☐ I don't have money
 - ☐ I'm having a bad day
 - ☐ I don't think it matters
 - ☐ I'm doubting the whole thing
 - ☐ Something happened that discouraged me
 - ☐ Other:
-

QUICK SOLUTIONS

If I'm exhausted:

- ☐ Send one kind text (2 min)
- ☐ Smile genuinely at 3 people
- ☐ Let someone go ahead in line
- ☐ Leave a kind comment online
- ☐ Hold a door open with presence

If I don't have time:

- ☐ Compliment a stranger (30 seconds)
- ☐ Send a voice note of appreciation (1 min)
- ☐ Pay for someone's coffee in drive-thru (3 min)
- ☐ Like and comment on friend's post meaningfully (2 min)
- ☐ Put someone's cart away (1 min)

If I can't think of anything:

- ☐ Go to my Act Bank (Sheet 2)
- ☐ Repeat a favourite act from earlier
- ☐ Ask: "Who in my life looks tired?"
- ☐ Go somewhere public and observe for 5 minutes
- ☐ Text someone: "What can I do for you today?"

If I'm feeling awkward:

- ☐ Do an anonymous act
- ☐ Send a digital/written message instead
- ☐ Do something behind-the-scenes
- ☐ Help without acknowledging it's special
- ☐ Remember: their joy matters more than my comfort

If I don't have money:

- ☐ Give time instead
- ☐ Give words instead
- ☐ Give attention instead
- ☐ Give help instead
- ☐ Give presence instead

PERSPECTIVE SHIFT

The truth I need to remember right now:

Why I started this:

What I'll regret more: doing it imperfectly or not doing it at all?

MINI-COMMITMENT

The absolute minimum I'll do today:

Time commitment: _____ minutes

I'm doing this act in the next _____ hours.

Did I follow through? ☐ Yes ☐ No

How do I feel now that I did (or didn't)?

SHEET 7: POST-CHALLENGE COMPLETION CERTIFICATE

🎉 CONGRATULATIONS! 🎉

I DID IT!

I, _____, completed the 30-Day Surprise Challenge.

Start Date: _____ End Date: _____

Total Acts of Kindness: _____
Lives Touched:** _____ (that I know of)
Smiles Created:** _____ (that I witnessed)

MY TRANSFORMATION

How I felt on Day 1:

How I feel now:

Happiness level: Day 1: _____ → Day 30: _____

I'M MOST PROUD OF:

THE ACT I'LL NEVER FORGET:

WHO I'VE BECOME

Three words that describe me now:

I am someone who creates happiness.

Signature: _____ Date: _____

(Frame this, post it, keep it - you earned this)

SHEET 8: 30-DAY FINAL REFLECTION

Completion Date: _____

BY THE NUMBERS

- Days completed: _____ out of 30
- Acts performed: _____
- Money spent (total): \$ _____
- Hours invested (estimate): _____
- People directly helped: _____
- Ripple stories I heard about: _____

FAVORITE ACTS (Top 5)

Act 1:

Why: _____

Act 2:

Why: _____

Act 3:

Why: _____

Act 4:

Why: _____

Act 5:

Why: _____

MOST IMPACTFUL MOMENTS

The act that changed someone's day completely:

The act that changed ME the most:

The story that came back to me weeks later:

The moment I realized I was becoming someone different:

WHAT I LEARNED

About happiness:

About myself:

About other people:

About kindness:

UNEXPECTED DISCOVERIES

Something that surprised me:

A fear I overcame:

A new strength I found:

A belief that changed:

THE HARD PARTS

Hardest day and why:

Moment I almost quit:

What kept me going:

What I'd do differently:

RELATIONSHIPS

How my relationships changed:

People who noticed I was different:

New connections formed:

Deepened relationships:

MOVING FORWARD

My commitment going forward:

☐ Daily acts (continuing the full challenge)

- ☐ Weekly acts (_____ per week)
- ☐ Monthly acts (_____ per month)
- ☐ Spontaneous acts when opportunities arise
- ☐ I'm designing my own rhythm:

Acts I'll definitely keep doing:

- _____
- _____
- _____
- _____

New acts I want to try:

- _____
- _____
- _____

How I'll stay accountable:

MY MESSAGE

If I were to tell someone considering this challenge, I'd say:

The one sentence that captures my experience:

FINAL HAPPINESS ASSESSMENT

Overall happiness (1-10):

- Before challenge: _____
- After challenge: _____
- Change: +_____ points

The biggest shift in my life:

What I'm most grateful for:

MY KINDNESS MANIFESTO

Write your personal philosophy about kindness, happiness, and how you want to live going forward

Completed by: _____ Date: _____

I am someone who creates happiness. This is who I am now.
End of 30-Day Surprise Challenge Daily Planning Sheets