



# **30 Days of Micro- Actions for Growth**

Curated by Vanguard Impact

# How It Works

Growth doesn't always come from big leaps; sometimes it's the small, consistent actions that create lasting change. Each day, choose one micro-action. By the end of 30 days, you'll have built new habits, connections, and confidence.

## Pro Tips for Success

- **Keep it simple:** Each action should take 5–20 minutes max.
- **Stay flexible:** If one action doesn't fit, swap it for another.
- **Track your wins:** Print this out and check off each day. Small wins add up!
- **Celebrate at the end:** Review your list and notice how much progress you've made.

# Week 1: Build Your Foundation

**Focus: clarity, confidence, and self-awareness.**

**Day 1:** Write down your top 3 strengths.

**Day 2:** Identify one limiting belief you want to challenge this month.

**Day 3:** Spend 10 minutes journaling about what success means for you.

**Day 4:** Ask a trusted friend or colleague: “What’s one strength you see in me?”

**Day 5:** Replace one negative self-talk phrase with an empowering one.

**Day 6:** Read one article or listen to a podcast episode on a topic you want to grow in.

**Day 7:** Celebrate one recent win (big or small) by writing it down.

# Week 2: Grow Your Connections

**Focus: networking, outreach, and relationship-building.**

**Day 8:** Reconnect with one old colleague on LinkedIn or by email.

**Day 9:** Send a thank-you message to someone who has supported you.

**Day 10:** Share a useful article or resource with your network.

**Day 11:** Comment thoughtfully on someone's LinkedIn post (beyond "Great post!").

**Day 12:** Introduce two people in your network who could benefit from knowing each other.

**Day 13:** Follow one woman leader or entrepreneur you admire on social media.

**Day 14:** Invite a colleague or peer for a virtual coffee chat.

# Week 3: Strengthen Your Skills

**Focus: learning, career growth, and action.**

**Day 15:** Identify one skill you'd like to strengthen this year.

**Day 16:** Watch a 10-minute TED Talk or tutorial related to the skill you identified on day 15.

**Day 17:** Write down three accomplishments you can add to your resume or LinkedIn.

**Day 18:** Update one section of your LinkedIn profile.

**Day 19:** Draft an outline of your 3-year career or business vision.

**Day 20:** Sign up for a free webinar, workshop, or course.

**Day 21:** Ask a peer or mentor for feedback on one specific skill or project.

# Week 4/5: Step Into Your Power

**Focus: visibility, advocacy, and leadership.**

**Day 22:** Speak up once today in a meeting or group discussion.

**Day 23:** Write down your salary/fee goals for the next year.

**Day 24:** Draft a script for introducing yourself to someone new with confidence.

**Day 25:** Share a professional achievement on LinkedIn.

**Day 26:** Identify one boundary you need to set to protect your energy.

**Day 27:** Research one grant, award, or opportunity you could apply for.

**Day 28:** Mentor or encourage someone in your circle.

**Day 29:** Practice saying “no” kindly but firmly to something that drains you.

**Day 30:** Write yourself a note of encouragement: “I am proud of myself because...”