

I used to be much muchier, but then I lost my Muchness  
finding my **MUCHNESS**<sup>®</sup>

Little Bits Of Light To Help You Find Your Way Through Darkness<sup>®</sup>



Everything you need to know to take

# The 30 days of Muchness Challenge

and

**GET IN TOUCH  
WITH THE MUCH!!!**

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*Welcome!*

I am so glad you have decided to take the first step in reclaiming your joy!!! Please take a moment to look through this posting guide. I've put it together to share some thoughts about **The Muchness Challenge**. I want you to make the most of your 30 days, so you can really reap the rewards that Getting ***In Touch With The Much*** will bring to your life!!

*What is the 30 Days of Muchness Challenge?*

Everyone has Muchness. I firmly believe that. It is the **interests**, **talents**, **quirks** and **confidence** that we are all born with. Those things don't go away as we get older. They simply become buried and camouflaged by the experiences, people and challenges that often force them into hiding. *This challenge is about tapping into those things, no matter where inside you they've taken shelter.*

People sign up for the challenge for any number of reasons. Many have experienced a loss- of a pregnancy, a baby or someone or something else. Many are dealing with medical issues, relationship issues, career issues... just a few of the curves life throws us that we have to learn to navigate through. Whatever your reason for signing up, know that it is a good and valid reason.

There is only ONE rule to this challenge. Just ONE. That is:

**POST EVERY DAY FOR 30 DAYS. That's it.**

Know that if you post every day- even if it's just a picture with little or no text, the process of forcing yourself to stick with it will maintain the momentum that the challenge needs to work. Even if it doesn't feel like it at the time, after the challenge, you will start to see little ways that the Challenge has changed your thinking, allowing you to see things much more easily through rose colored glasses, rather than through murkiness and blah.

Also, I'm gonna send you daily emails to keep you motivated. It's my pleasure. :)

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Some days will be hard. Other days will be even harder.

Kinda strange that looking for Muchness, though inspiring and happy-making, can actually get tiring. Or annoying, or dull.... Right? Only feeling crappy is supposed to make us feel like that.

But that's why The Muchness Challenge is just that- **A Challenge!!!**

What you are doing is *actually changing a habit*. Good or bad, habit changing can be tough. And annoying. And tedious. But when you stick with it, **the payoff IS worth it**. It is on those difficult days that it is **MOST IMPORTANT** to find the **Muchness**. Even if you have to dig to find it.

That is how you learn to direct your day, rather than letting it direct you!

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Having said that, I want to offer some suggestions for how to make it easier to stick with it.

**AGAIN, these are NOT rules. They are suggestions.**  
**The ONLY rule is *DO NOT SKIP A DAY*.**



## *Selecting a 'Theme' for your Muchness Challenge.*

As more brave individuals take the challenge and I get a feel for what works best, I've noticed that those posters who really stick closer to a theme can end up with a more rewarding experience.

There are a few reasons for this.

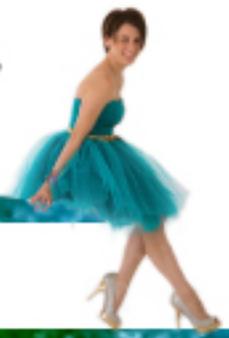
- 1- It forces you to get creative and think about what variation to put on your theme for the day. (nothing wrong with a little mental energy spent on creatively thinking about things that bring you smiles.)
- 2- Themed challenges are more engaging and compelling to readers. Readers want to see what creative twists you put on the theme. (readers serve as both incentive and accountability in your challenge... more on that later...)
- 3- Without even realizing it, you're going to push yourself outside your comfort zone. Again, that is NEVER, EVER a bad thing. *Remember: Comfort zones actually provide no comfort at all.*
- 4- Having a theme gives you an easy way to "phone it in." Remember- the one rule. DO NOT SKIP A DAY. On those days when it is just really, really tough to find the bright spot, your theme will give you an easy option that will carry you through to the next day without losing your momentum.
- 5- You don't actually ever have to post anything having to do with your theme. See how beautiful that idea is? When #MuchnessMoments happen, they happen. Grab them and document them, theme be damned!

## *So, how do you come up with a theme?*

I've seen this question trip people up so hard they just never even start. **Don't be one of those people.** Remember, this is a challenge about self exploration. About uncovering long lost passions, talents and joys that are *inside you*. That means it doesn't really matter what theme you pick- the process itself will ignite you. Plus, you can always change your theme partway through, as you grow and ignite from the inside out... remember? NO RULES!

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You certainly don't have to use them, but if you want, here's a list of 10 theme ideas to get you started. Use one of them or simply use this as inspiration for your own idea!

- 1- Ummmm, sparkles. (and light!!)
- 2- Crafting, art, painting. (One challenger actually painted a canvas a day for 30 days. Amazeballs.
- 3- Photography. Muchness Alum Heather used her daughter and her dog as the subject of an instagram obsession.
- 4- Inspirational quotes. Find one a day that moves you, write it, and take a photo of it in a creative environment.
- 5- A favorite color. Look for it, capture it. Simple but strikingly meaningful.
- 6- Peace and comfort. When your brain is trapped in chaos, look for things that are the essence of calm.
- 7- Re-find your confidence. Muchness alum Tine pushed herself to simply open herself up through honest posts, owning her worth and wearing things that made her feel beautiful.
- 8- Cooking, reading, sewing, - making time for a long lost love.
- 9- Put on lipstick every day. Just start. You'll see. What happens is magic.
- 10- Take a headshot / selfie. I did that for [my second challenge](#) and it was amazing to TRULY see myself every day, and create unique pictures with just my silly mug as the subject.

***In addition to the one rule, I have another STRONG suggestion: BE REAL. BE YOURSELF.*** Whoever that is, whatever you're thinking about that day, whatever is pissing you off or making you happy or stressing you out, *you can should use that.* That is what other people relate to and the only way to connect with healing. The days you feel most like crap are the best days to think about The Muchness. Going back to your theme category will help you do that. Also remember, Not every day needs to be an earth changing picture. Some can be quieter and still powerful. Others can be fun and shallow. Don't stress yourself out trying to rewrite the book of Moses. *Just be yourself and be real. That's what will resonate.*

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## *So, where do I take the challenge?*

Easy peasy. Basically, wherever you want.

If you like to write and plan to do longer posts, you can do it on your own blog, or create a free blog at [wordpress.com](http://wordpress.com). If you'd be so kind to link back to FindingMy-Muchness, that would be awesomesauce. You can also share this badge and link it back to our home page: <http://findingmymuchness.com>

You can do it like I did and take it on your own facebook wall, twitter, instagram, or wherever you do your best social sharing. Tag your posts [#30daymuchnesschallenge](https://www.facebook.com/hashtag/30daymuchnesschallenge).

If you want it to be more private, you can take it in our [closed Facebook Group](#).



## *Sharing your Challenge*

Whether you choose to post completely anonymously or completely in the open, or somewhere in the middle, is up to you. All of the challengers who share their posts on facebook have reported an extra layer of healing and growth that happens. It's hard to show ourselves openly to the people in our real world, and that barrier often creates walls around us we don't even realize exist. Many people won't let you know outright that they are following your Muchness, but then, they'll mention it in passing and you will be surprised and flattered.

It is a good feeling to know that they are following along, cheering you on, and getting to know a part of you that you feel compelled enough to share. It is also rewarding to know that if you are traveling a journey of grief and healing, that you're allowing others to know what is in your heart, without bombarding them. Sharing that burden lightens the load on your heart.

It is amazing what happens when people see you are looking inside yourself to celebrate your little joys and blessings. They are inspired to do the same.

**Trust me**, there is almost no better feeling than knowing your actions are helping someone else brighten their own life. It is like a drug. I, for one, have become an addict. :)

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## Be Inspired!

These ladies are among the many that have completed the challenge and used their OWN INNER STRENGTH to transform their lives. True story!



**When I started this challenge 31 days ago I was constantly worried about everything that I couldn't control. It was ruling my life! Now, because I have forced myself to do the things that scare me and I have started to look at things differently, I really feel like a different person. Much stronger and confident.**

-Muchness Challenger April



**I just finished my 30 day challenge two weeks ago and my intro and Day 1 posts are so similar to yours: body issues (yes, hate) and serious dislike of myself. I found my 30 day journey to be at times joyful, other times hard and sad, but in the end up, it has done an amazing thing for me, taking me through the roughest of times by keeping my Muchy self up front.**

-Muchness Challenger Tine



**It has been in these past 30 Days of Muchness that I have realized that it is now okay, as a matter of fact it is safe, to stop giving myself up and time to start building myself up, for me, my son and our future. I am finding a new normal for me - one full of laughter AND silliness AND hugs AND good health AND love with a little bit of sparkle!**

-Muchness Challenger Piperlyne



**There were days I struggled to find the muchness. But those days, the ones that were the hardest, were probably more important than all. It's the days of our lives when we just can't find our smile (or don't want to) that we NEED to search for it the most. I am extremely grateful to Tova for inviting me to be one of the first guest contributors on her very special and personal quest to "spread the muchness."**

-Muchness Challenger Heather

You can also check out [My Original 30 Day Challenge](#), the one that started it all. It was pretty 'light' and yet had huge transformative results.

Please feel free to let me know where your taking that challenge and contact me at any time via Facebook or twitter. I LOVE to hear from challengers on their way to finding their Muchness!!

love & muchness, Tova