
Banana Stand Club ---GET YOUR Mojo BACK---100 Challenges

1. Get outside before 10 AM

Even if you just wave at the sun like a confused wizard.

2. Say something kind to yourself in the mirror

No sarcasm. Try not to wink. Unless you mean it.

3. Pick up something heavy

A dumbbell. A laundry basket. Emotional baggage optional.

4. Go phone-free for 1 hour before bed

The internet will survive without your eyeballs.

5. Text or call an old friend

No "Sorry, just saw this!" lies allowed.

6. Drink 8 full glasses of water

Beer doesn't count. Neither does "moisture from tacos."

7. Eat a protein-heavy breakfast

Churros aren't protein. Sorry.

8. Unplug from ALL screens for 1 hour today

Try blinking into nature like a mammal.

9. Stretch for 5 minutes

Bonus points if you groan dramatically.

10. Do one thing you've been putting off

That drawer. That email. That apology.

11. Give a stranger a real compliment

"Nice face symmetry" doesn't count.

12. Take a 20-minute walk with no headphones

Let your thoughts stretch their legs too.

13. Go to bed before 10:30 PM

Sleep is the original performance enhancer.

14. Write down 3 things you're grateful for

Try to go deeper than "coffee" and "pants."

15. Don't complain all day

You can sigh. You can grunt. But no verbal whining.

16. Meditate for 5 minutes

Yes, staring at the ceiling counts (if done on purpose).

17. Eat something green today

Jellybeans don't count.

18. Spend 10 minutes cleaning one space

Your desk. Your car. Your soul.

19. Make someone laugh today

A dad joke, a meme, or just falling down.

20. Skip sugar for one whole day

If you cry, make it organic tears.

21. Do a digital detox — no social media for a day

Your thumbs deserve a sabbatical.

22. Sit down and eat a meal with no phone, TV, or distractions

You're not in a food challenge. You can slow down.

23. Hug someone — or at least give a real high-five

Touch is a vitamin, bro.

24. Dance to one full song alone

No one's watching. But if they are, give them a show.

25. Write down 1 thing you like about yourself

And don't say "I'm humble." That's cheating.

 **Banana Stand Club Mojo Challenges (26–50)**

26. Take 10 deep belly breaths

Not shallow sips. Oxygen is free — guzzle it.

27. Set a timer and focus for 20 minutes

No multitasking. No "just checking."

28. Write down your current biggest stressor

Naming it takes away some of its bite.

29. Swap coffee #4 for herbal tea

Your adrenals just cheered softly.

30. Compliment your reflection

Even if it's just, "Hey, at least one eyebrow's decent."

31. Eat one meal slower than usual

Chewing is not optional. This isn't prison food.

32. Make a to-don't list

Things you refuse to stress about today.

33. Read 5 pages of a real book

Not Instagram captions or product reviews. A *book*.

34. Talk to a stranger

Yes, the guy at the deli counts. Eye contact optional.

35. Do 10 pushups — against the wall is fine

It's still gravity. It still counts.

36. Try a cold shower (or finish your shower cold)

Scream softly. Feel alive. You're welcome.

37. Watch the sunset

Don't film it. Just... watch.

38. Clean out your car

You are not a raccoon. Live like it.

39. Write down 3 wins from the last week

Small counts. You're still here. You win.

40. Go 1 full day without negative self-talk

Yes, you'll catch yourself. That's the point.

41. Stand up straight for an hour

No hunch. Shoulders back. Pretend you're being watched by Morgan Freeman.

42. Make your bed in the morning

Bonus: you'll impress future-you.

43. Leave your phone in another room for an hour

Pretend it's 1993. Survive.

44. Meal prep one healthy thing

A smoothie. A chicken. A pile of chopped broccoli. You're an adult now.

45. Take 1 photo of something beautiful today

No filters. Just look. Then click.

46. Say "no" to something today

Boundaries = Mojo in shield form.

47. Tell someone you appreciate them

Text, call, whisper into the wind — just say it.

48. Journal for 5 minutes

Doesn't have to make sense. Let the pen rant.

49. Do 20 bodyweight squats today

Bonus points if you make monkey noises.

50. Replace your afternoon snack with a banana

Ripe. Spotted. Mojo-filled. You know what's up.

 **Banana Stand Club Mojo Challenges (51–75)**

51. Spend 10 minutes doing something playful

Legos. Nerf gun. Paper airplane. Go.

52. Take a gratitude walk — no music, just noticing

Trees. Smells. Weird license plates. Be present.

53. Reconnect with a person you've ghosted

No pressure. Just a "Hey, been a while."

54. Learn something random today

A fact, a phrase, a dance move. Mojo grows in curiosity.

55. Clean up your digital desktop

Clutter isn't just physical, brother.

56. Replace complaining with creating

Say less, build more — even if it's just a sandwich.

57. Give someone a sincere thank-you

Be awkwardly direct. It'll land.

58. Take a Mojo selfie

Capture your midlife glory. Frame optional.

59. Try a new healthy recipe

Eat like you give a damn about your insides.

60. Forgive someone — quietly

Don't text them. Just unchain your own brain.

61. Wake up 15 minutes earlier than usual

Use it for you. Not for emails.

62. Say no to processed sugar for 24 hours

Yes, that includes sneaky sauces.

63. Make a decision you've been avoiding

Flip a coin if you have to — just stop hovering.

64. Upgrade 1 habit today

More water. Better food. Fewer screens. Baby steps = banana steps.

65. Finish something you've been procrastinating

Half-done = half-joy. Wrap it up.

66. Listen to a podcast that teaches you something

No crime shows. Expand, don't spiral.

67. Write down a long-term goal

Even if it's scary. Especially if it's scary.

68. Take 5 slow, mindful bites of your next meal

Yes, even if it's pizza. Especially if it's pizza.

69. Laugh on purpose

Watch a dumb video. Fake laugh until it's real.

70. Delete 5 apps you don't use

Declutter your digital junk drawer.

71. Say something nice to someone online

You don't have to be a troll. Surprise them.

72. Sit outside for 10 minutes — no phone

Mojo = Vitamin D + stillness

73. Take a nap without guilt

This is the healing era, not the hustle one.

74. Put your phone in “Do Not Disturb” for 2 hours

The world won't end. But you might actually relax.

75. Write a note to your future self

Stick it somewhere. “You got this” is a start.

 **Banana Stand Club Mojo Challenges (76–100)**

76. Take a slow shower with music playing

You're not rushing. You're reclaiming.

77. Let yourself feel your feelings — no numbing

Cry, journal, holler — just don't bottle it.

78. Donate something you don't use

Mojo flows through generosity.

79. Replace gossip with encouragement today

Be the guy who builds, not breaks.

80. Eat 3 servings of real vegetables today

Bonus if they're not just covered in ranch.

81. Make a “Hell Yes” list

Stuff that gives you fire. Write it. Honor it.

82. Walk barefoot for 5 minutes outside

Get primal. Get weird. Feel the earth.

83. Text someone you admire and tell them why

No long story. Just truth.

84. Cancel one plan you've been dreading

Your peace > their calendar.

85. Revisit your favorite childhood activity

Pogo stick? Comic book? Tree climbing? Mojo is nostalgic.

86. Play music and sing like nobody's judging

If your neighbor complains, you win double Mojo.

87. Take a solo lunch break — no screen, no rush

Eat like a man with time to spare.

88. Record yourself saying something encouraging

Play it back when you forget.

89. Change one thing in your morning routine

New vibe = new day

90. Spend 10 minutes in silence

Mojo whispers when it's quiet.

91. Watch the clouds for 5 full minutes

Daydreaming is strategic now.

92. Drink your morning water before coffee

It won't kill you. Promise.

93. Write down something you survived

You're here. That counts.

94. Use your non-dominant hand for one task

Build brain Mojo like a ninja.

95. Smile at 3 strangers today

It's weird. It works.

96. Try a new fruit or veggie today

Yes, bananas count. But try a kiwi, you coward.

97. Ask for help with one thing

Mojo isn't about going solo — it's about going real.

98. Put your phone to bed before you go to sleep

It doesn't need a bedtime story. You do.

99. List 5 things your body can still do

Gratitude beats shame. Every time.

100. Forgive yourself for something — and mean it

This is how Mojo rebuilds: grace, not grind.