

## **DIVAS LET'S TALK SUMMER CHALLENGE 2026**

### **DIVAS ARE YOU IN!! Let's have some fun this summer**

**Start:** 01 July 2026

**End:** 01 September 2026

**Check-in:** Every evening between 6pm and 9pm to share your receipts for any tasks you have completed in the WhatsApp Group.

You can join the WhatsApp group via <https://chat.whatsapp.com/DfhEEh2VOGf6BOlxXM4Jxd> if you are not already a member.

- Your first challenge is to put aside a budget to support with the completion of your summer challenge. You can add to the budget later, but you cannot reduce it.
- There are a few writing tasks in this challenge so why not invest in a nice new notebook and pen specially for the challenge.
- You will be specially invited to attend a (Jeans and Hells Diva style) Divas Let's Talk meet up event on Friday the 11th September to celebrate the end of our summer challenge and to share details of all the fun we have had.

#### **THE RULES ARE SIMPLE:**

1. Tasks can be grouped together, or they can be done one at a time.
2. Challenges can be completed in any order.
3. Aim to do at least 1 challenge per day or 7 challenges per week.
4. Document yourself completing each task either with video or photographic evidence or in the way outlined in the challenge.
5. Evidence to be posted in the WhatsApp group in the way outlined under the challenge.
6. The beauty of our sisterhood is that you don't have to do your challenge alone; reach out to a Diva or two in the group and enjoy completing your tasks together.
7. All tasks must be completed by 6pm on the 1st September.
8. At the end of the challenge create a three-minute Power Point Presentation using the evidence you have compiled to present at the end of summer event (optional).

**DIVAS**  
*Day Out*



**# Divas Let's Talk**  
With Coach Carmel Britto

**Divas Let's Talk – Summer Challenge**

## Divas Let's Talk Summer Challenge checklist

- **Shake your booty to loud music on a Saturday afternoon at 1pm.**  
Share a link to your favourite song and tell us why it's your favourite.
- **Make a cocktail 🍹 or a mocktail and enjoy drinking it.**  
Take a photo of your drink; post the recipe in the group.
- **Spend at least an hour outdoors, appreciating nature.**  
Take photos/videos of things you observe on your time outdoors.
- **Buy and enjoy a new paperback or audio book and read at least the first chapter.**  
Post a link to where you can purchase the book along with an explanation on why you chose the book, and why you think we should read it.
- **Dig out some old photos and take a trip down memory lane.**  
Share a voice note telling us about the memory. Create a collage out of the photos.
- **Have a movie night with snacks (splurge on a cinema trip or binge something at home).**  
Share a short movie review of what you watched.
- **Think about something you've been holding onto for a very long time and want to release, feel the emotion, laugh, cry or scream if you want to then write it on a piece of paper, burn it and let it go.**  
Make a video of the burning. If comfortable, share details of what you burnt in the group.
- **Declutter a room, cupboard, or a draw that is long overdue for a spring clean.**  
Take photos of the before and after. Share your top cleaning tip in the group.
- **Be audacious and do something that scares you or that you have never done before: public speaking, driving on motorway or bungee jump.**  
Take pictures and videos. Share in the group the message "Today I felt brave because....".
- **Affirm and show love to ❤️ yourself. Treat yourself to a love gift or experience.**  
Take pictures/ video. Post in the group the completed sentence "Today I love me because....".
- **Get out in your garden and plant something, whether it's growing food or adding new flowers. If you don't have a garden, try indoor growing.**  
Add a picture of your plant after planting, and we will do a check in at the end of summer.
- **Get dressed up 👗 take yourself out on a solo date and enjoy your own company.**  
Post pictures/videos and give a review of the place visited.

- **Teach a child a new skill**  
Make a video of activity and pictures of the outcome.
- **Get creative and make a piece of art (paint, draw, sculpt, you chose).**  
Post pictures of the finished piece.
- **Cook a recipe you have never tried before**  
Take pictures/ videos of the dish. Share the recipe with the group.
- **Write someone a heart-felt letter and mail it in the post.**  
Post in the group the message saying ... "Today I sent a letter" and share what you are comfortable with sharing about the experience.
- **Buy yourself and someone else chocolate and flowers (or a plant). If feeling generous give them to a stranger.**  
Take videos or photos.
- **Find something in your wardrobe that you love but haven't worn for ages and get dressed up in it.**  
Take photos. Post a message in the group about why it's been so long since you wore it.
- **Learn to say a sentence in another language.**  
Post a voice note of yourself saying the sentence in the new language and then in English.
- **Write a short story (3,000 to 5,000 words) fictional or otherwise in a genre of your choice**  
Post the document for the Divas to read and review.
- **Read the short stories shared by the Diva.**  
Post a short review of at least one of those stories in either audio or text.
- **Reach out to a Diva or two in the group and arrange a meet up.**  
Post pictures and videos of your meet up.
- **Get as many family members as you can together for a family get-together.**  
Take pictures and videos.
- **Try something new with your hair; a new style, colour, or look.**  
Post photos of your new look with the comment "New hair vibes".
- **Bake something, a cake, cookies, bread cupcakes you chose**  
Take photos; tell us how they tasted.
- **Netflix and chill... (we don't want to see the evidence 🤪)**  
but send us your recommendations of something great to watch on Netflix and why.

- **Go for a run.**  
Simply post “Today I went for a run and ....”.
- **Take a day trip somewhere not local (more than 2 hours away). Document your adventures.**  
Take photos and videos of your adventures. Update the group on how your day went.
- **Share something amazing in real time with the group that you wish we were there to experience with you.**
- **Check your breast or book an appointment to have them checked. Go for a bra fitting and buy some new lingerie ones that make you feel super sexy.**
- **Do something that embraces your culture.**  
Share details of your experience with the ladies in the group.
- **Write a letter to your future self-telling them about your life right now include your hopes and dreams. Put it in an envelope with a note saying open in a year from today; date it.**
- **Post a topic for discussion in the Divas Let's Talk group on an evening at 7.30pm and lead the discussions. Topic should be based on one of the groups pillars -Motherhood, Parenting, Health, Business and Relationships.**
- **Spa day... book yourself into a spa, do spa treatments at home, or fly out and experience a spa abroad... however you choose to do it, book a day to be pampered.** Post photos and videos in the group, along with your top tip on how to pamper yourself.
- **Do something your teenage self will have enjoyed doing, but you never got to do.**  
Take photos and videos. Share your reflections of the experience in the group.
- **Do an outfit of the day video for social media.**  
Share your post with the group so we can all like it. If you are not following, take the opportunity to follow each other.
- **Write down 10 things you love about yourself and read them aloud.**  
Share the one that took some work to be in love with, with the group.
- **Go for a long walk in a park. At the end of the walk, pour out all your thoughts onto paper.**  
Share your key takeaways with the group.
- **Visit a museum or art gallery. Pick your standout piece, document it however you choose. Do get creative on how you document it.**  
Take photos and videos of your visit Share your documented piece with the group.

- **Start a new hobby that will make you healthier.**  
Share your top health tips with the group.
- **Have a screen free day (24 hours). No TV, computers, no laptops or phones.**  
Voice note the group about the experience once finished.
- **Start a separate savings pot. See how much you can save in it from now till the 31st December. Whatever you save is to buy YOURSELF something nice in the January sales.**
- **Write your younger self a letter of self-reflection.**  
Share your biggest realisation with the group.
- **Improve your spiritual life by reading the Bible/Sacred text daily and align it to your life.**  
Share your favourite scripture or quote with the group.
- **Start your day with exercise. If this is new to you, start with 20 minutes, and if this is your norm, try a different workout routine. Do this this consecutively and see how many days in a row you can do.**  
Tell the group how you feel after day one.
- **End your day by creating a release list. Write down all the things you want to let go of that will no longer steal your time, joy, or peace. Reflect on the list and create an action plan to help you let go of what needs to go.**  
Share the ones you are comfortable sharing with the group.
- **Forgive them and forgive yourself. To not stay in a place of stagnation and fear but to completely 'let go and let God'. Be kind to yourself and treat yourself to a trip because you deserve it!**
- **Loose yourself in something you enjoy, e.g, dance/sing along whilst in the store on your grocery shop when a song you like comes on.**  
Share with the group how doing it made you feel.
- **Find photos of yourself from your childhood and take a trip down memory lane.** Share a childhood photo in the group along with a caption about that time in your life.
- **Initiate a Divas Let's Talk WhatsApp Group video call to share some good news with the ladies who pick up your call. All the Ladies on the call to share what's going well for them right now.**
- **Get rid of any old clothes that you have not worn for a long time that do not fit the body you are in now or that don't match the woman you are today.**  
Take a photo of an item of clothing and share it along with details of a memory of when you last wore it in the group.
- **Leave a voice note for the ladies in the group, telling them what sisterhood means to you and why you believe this sister circles are important.**

- **Share some quality time with a loved one, be present, and be intentional.**  
Share a memory with the ladies in the group of time spent with someone you wish you could spend time with now but can't.
- **Put your feet in some water (seaside, beach, or pool).**  
Post some photos and videos to the group.
- **Practice deep breathing exercises daily as it calms your nervous system.**  
Share how it made you feel in a voice note to the group.
- **Build a routine of daily movement for a minimum of 5 minutes including Stretching.**
- **Write down 3 things you are grateful for daily, before you go to sleep 🌙**  
Every Friday during the challenge share three things you are grateful for that week in the group.
- **Create a sign that has these 3 affirmations: 'I am enough, I am doing my very best daily and I am loved' 🥰. Start your day every day reading it out loud.**  
Share a picture of your sign in the group, even if its just on post it notes.
- **Open a Cash ISA or a Stock and shares ISA and deposit min £50 monthly.**  
Share the message “Today I started a new investment journey” in the group.
- **Create a 5-year plan for your personal and professional development, visualise yourself thriving and start to dream again.**  
Share in a voice note your experiences of writing your plan and what you would like the ladies to keep you accountable to completing before the end of the summer.
- **If you have a child under 18 who does not have an active Cash Junior ISAs or Stocks and Shares Junior ISA open one for them and deposit min £20 monthly. Alternatively, if you have a niece, nephew or grandchild that has one make monthly contributions to theirs.**  
Once completed share the message “My baby has an ISA” in the group.