

feel whole challenge™



For the next 21 days, you'll focus on your body, mind and spirit. Use this calendar to go through the experience, but don't worry if you need to swap the order of a couple days or make up any challenges you miss. The important thing is that by the end of the challenge, you've completed everything.

Day 1 plan out your challenges	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21 reflect on this experience

challenges

Above, fill out what you'll do to complete each day's challenge.

- 1 plan out your challenges
- 2 get moving and commit to doing something physical daily
- 3 drink more water today (and keep it going through Day 21!)
- 4 pray for someone every day of the challenge
- 5 share with someone what you're passionate about
- 6 buy fresh ingredients
- 7 organize a space in your house that causes you stress
- 8 make a healthy meal you've never tried before
- 9 try a new exercise with a friend
- 10 find a new book to read before bed
- 11 think of someone you're grateful for & tell them
- 12 analyze your bedtime routine & find ways to sleep better
- 13 volunteer
- 14 plant something
- 15 listen to music to improve your mood
- 16 make someone laugh
- 17 frame a photo that brings you joy
- 18 give someone a gift
- 19 do something you've always wanted to try
- 20 take time to schedule a preventative appointment
- 21 reflect on this experience