

21 Day Challenge

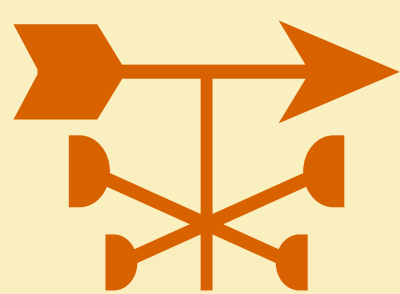
CREATE LIFE CHANGING IMPACT

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WHERE DO YOU WANT TO BE IN 21 DAYS?



WHERE TO START?



LIFE IS ALWAYS CHANGING, MOSTLY CRAZY, AND ALWAYS UNPREDICTABLE. EVERYONE HAS THINGS IN THEIR MIND THAT THEY WANT TO ACCOMPLISH, HAVE BEEN MEANING TO DO, OR JUST WANT A POSITIVE CHANGE.

THE GOOD NEWS IS THERE ARE THOUSANDS OF HABITS YOU CAN PICK UP TO CHANGE YOUR LIFE, USE TIME MORE EFFECTIVELY, IMPROVE YOUR HEALTH, AND CHANGE YOUR MOOD. THE CHALLENGE IS, WHERE DO YOU START? AND, HOW DO YOU MAKE THESE CHANGES LAST.

MORE GOOD NEWS, THERE IS A METHOD THAT ALLOWS US TO FOCUS ON LIFE CHANGING HABITS WITHOUT BECOMING OVERWHELMED OR FORGETTING TO DO THEM DAILY.

START SMALL!



SMALLER IS BETTER!

PICKING UP 1-2 HABITS A WEEK AND SOLELY FOCUSING ON THEM IS THE BEST WAY TO CHANGE. EVENTUALLY THESE HABITS GET INGRAINED IN OUR BODY AND BECOME AS NATURAL AS BRUSHING YOUR TEETH.

THIS CHALLENGE COULD BE LIFE CHANGING.

HOW YOU MAY FEEL OVER THE 21 DAYS



HOW TO DO IT

01

THINK ABOUT THINGS YOU KEEP MEANING TO DO, THINGS THAT WILL BE HUGE NEEDLE MOVERS IN YOUR LIFE.

02

CHOOSE FIVE THINGS YOU ARE GOING TO DO EVERY DAY FOR THE NEXT 21 DAYS.

03

CHOOSE THINGS THAT WILL NOURISH AND CHANGE YOUR BODY, MIND, AND SPIRIT.

04

IF YOU MISS A DAY, NO WORRIES IT HAPPENS. BUT, DO GO BACK AND START AGAIN AND FINISH STRONG!

In these 21 days, you will have a clear focus and points of navigation for each day that will allow you to accomplish your specific goals almost effortlessly.

In 21 days your body will be better, your mind will be at peace, and your spirit more fulfilled than ever before.

HERE ARE SOME IDEAS TO START. . .

MIND

CREATE FULL BODY CHANGE BY CHANGING HOW YOU THINK

JOURNAL
SLEEP 8 HOURS A NIGHT
READ FOR 30 MINUTES
MEDITATE
BRAIN TRAINING
PLAY AN INSTRUMENT

SPIRIT

CREATE CHANGE FROM THE INSIDE

LISTEN TO WORSHIP MUSIC
READ DEVOTIONAL
READ BIBLE
MEMORIZE A SCRIPTURE
SPEAK AFFIRMATIONS
RESIST COMPLAINING

BODY

TAKE CARE OF YOUR BODY

20 MINUTE WALK
DRINK 64+ OZ. OF WATER
EAT VEGETABLES AT EVERY MEAL
14HRS BETWEEN DINNER & BREAKFAST
EARTHING / WALK BAREFOOT
1 MINUTE OF PLANKING
15 MIN OF STRETCHING
NO GLUTEN
NO ALCOHOL
NO SUGAR
25 PUSH UPS

ONCE YOU'VE COMPLETED YOUR FIRST 21 DAY CHALLENGE, LEVERAGE THAT MOMENTUM AND START AGAIN - THIS TIME TRY SOMETHING SLIGHTLY HARDER. THE BEST FORM OF IMPROVEMENT AND CHANGE IS LONG TERM SUSTAINABLE CHANGE - CHOOSING ONE THING AT A TIME IS A PERFECT WAY TO MAINTAIN THAT CHANGE IN YOUR LIFE.



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