

**75**

**DAY**

**STRONG**

**CHALLENGE**

**JOURNAL**

## THE 75 STRONG CHALLENGE RULES

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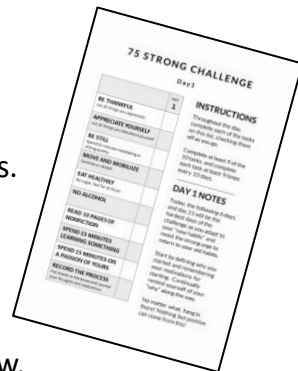
**For 75 days straight, complete the following tasks.**

1. List 20 things you are thankful for
2. List 20 things you appreciate about yourself
3. Practice stillness or meditate for 15 minutes
4. Exercise 2 days, stretch 1 day, then repeat
5. Eat healthy by limiting sugar, and refined carbs
6. Skip alcohol
7. Read 10 pages of non-fiction or for 15 minutes
8. Learn something new for 15 minutes
9. Do something you're passionate about for 15 minutes
10. Record every task you complete in this journal

# HOW TO USE THIS 75 DAY CHALLENGE JOURNAL

## USE THIS JOURNAL TO RECORD YOUR PROGRESS

For everyday of this challenge there is a box to check for every one of our ten tasks.



## RECORD YOUR NOTES DAILY

In the “notes” section, write down your realizations, ideas, wins, and feelings as you go through the challenge. As you grow, gain a clearer head, and develop some great habits during the challenge, you’ll also experience great ideas and feelings you’ll want to go back to later.

## READ THE 75 DAY STRONG BOOK TO STAY MOTIVATED



Read the book that inspired the NEW 75 day strong challenge – **75 DAY STRONG**. Available on Amazon  
Or visit [ABrotherAbroad.com/75-Strong-Book](http://ABrotherAbroad.com/75-Strong-Book)

# BEFORE WE START...

Write down WHY you're committing to this 75 day challenge.

75 days can be a *long* time, but the time and effort you'll commit will be worthwhile. When you start second guessing your intentions, come back to this page to remember *why* you're in this. If you find new reasons along the way, write the new reasons here.

If you need help defining your motivation, pickup the 75 Strong book at  
**[ABrotherAbroad.com/75-Strong-Book](http://ABrotherAbroad.com/75-Strong-Book)**

**WRITE DOWN YOUR  
REASONS FOR TAKING ON  
THIS 75 DAY CHALLENGE**

**NOW, LET'S GET STARTED**

# 75 STRONG CHALLENGE

## DAY 1

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## INSTRUCTIONS

Throughout the day, complete each of the tasks on this list, checking them off as you go.

Complete at least 9 of the 10 tasks, and complete each task at least 9 times every 10 days.

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## DAY 1 NOTES

Today, the following 6 days, and day 21 will be the hardest days of the challenge as you adapt to your “new habits” and resist the strong urge to return to your old habits.

Start by defining why you started and remembering your motivations for starting. Continually remind yourself of your “why” along the way.

No matter what, hang in there! Nothing but positive can come from this!

# DAY 1 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 1 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 1 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 2

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 2 NOTES

*“Come to the edge,” he said.*

*“We can’t, we’re afraid,”  
they said.*

*“Come to the edge,” he said.*

*And so they came.*

*And he pushed them.*

*And they flew.*

*– Guillame Apollinaire –*

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You have pushed yourself to take the hardest part of this journey – the first step.

Now, continue with your momentum and embrace the flight.

# DAY 2 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 2 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 2 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 3

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 3 NOTES

*Fall in love with diligently completing the process, not the result, and then, the desired result will come naturally*

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Every task, effort, and action in this challenge is a step in the path towards your goals.

It doesn't matter how cleanly you execute, whether it feels perfect, or what the outcome looks like at the end of *this day*, as long as you wholeheartedly make the effort.

Remember that.

Don't waste energy or effort worrying about anything other than executing and moving on to the next task.

# DAY 3 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 3 SELF APPRECIATION

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This is best done in the morning, but can be completed throughout the day

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# DAY 3 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 4

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 4 NOTES

*Don't be afraid to say "no" to others in order to stay on track, for you*

*You don't need to explain, you don't need to apologize.*

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Very soon, the actions in this challenge will become habit that you can easily execute in a vacuum, when you are alone.

However, we don't live in a vacuum.

We live in a world with friends and family that are used to your old habits (and perhaps an old you), and they will expect you to act in the way they remember and expect.

Don't fall victim to old expectations of you.

Politely say "no thank you," and stay consistent your forward progress.

# DAY 4 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 4 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 4 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 5

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 5 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 5 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 5 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 6

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 6 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 6 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
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# DAY 6 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 7

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 7 NOTES

*“Chains of habit are too light to be felt until they are too heavy to be broken”*

*Warren Buffet*

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You’ve stuck with it an entire week!

Today, assess which tasks you are seeing the most benefit, think on the benefit, and take this as fuel to continue

Additionally, pay close attention to the tasks that are difficult because the negative habits have become so deeply ingrained.

If a task is difficult to keep up because a negative habit has become so deeply ingrained, that is the best reason to stick it out.

During your quiet time today, reflect on that and stay motivated

# DAY 7 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 7 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
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# DAY 7 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 8

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 8 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 8 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 8 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 9

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 9 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 9 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 9 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 10

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 10 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 10 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
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# DAY 10 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 11

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 11 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 11 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 11 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 12

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 12 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 12 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
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# DAY 12 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 13

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 13 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 13 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
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# DAY 13 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 14

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 14 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 14 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 14 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 15

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 15 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 15 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 15 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 16

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 16 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 16 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 16 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 17

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 17 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 17 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 17 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 18

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 18 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 18 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 18 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 19

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 19 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 19 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 19 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 20

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 20 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 20 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 20 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 21

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 21 NOTES

*A river cuts through a rock not because of its power, but because of its persistence*

*Stay the course...*

---

Contrary to popular believe, it does not take 21 days to create a habit. It takes 21 days for a new element in our lives to familiar.

By achieving 21 days of a life filled with appreciation, healthy consumption, movement, positive stimulation, and passion, you are well on your way to establishing a healthier, more fulfilling life.

Just keep it up.

You've got this.

# DAY 21 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 21 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 21 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 22

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 22 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 22 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 22 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 23

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 23 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 23 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 23 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 24

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 24 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 24 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 24 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 25

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 25 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 25 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 25 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 26

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 26 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 26 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 26 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 27

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 27 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 27 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 27 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 28

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 28 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 28 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 28 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 29

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 29 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 29 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 29 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 30

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 30 NOTES

*Beaches are made of many tiny grains of sand*

*Great successes are achieved through many tiny actions*

---

As of today, you have accomplished 300 tasks, most of which take 15 minutes or more per action.

You've spent at least 4500 minutes in the last 30 days building a more solid foundation for a stronger you.

Take pride in that, and keep moving

# DAY 30 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 30 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 30 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 31

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 31 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 31 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 31 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 32

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 32 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 32 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 32 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 33

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 33 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 33 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 33 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 34

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 34 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 34 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 34 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 35

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 35 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 35 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 35 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 36

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 36 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 36 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 36 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 37

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 37 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 37 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 37 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 38

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 38 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 38 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 38 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 39

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 39 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 39 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 39 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 40

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 40 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 40 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 40 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 41

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 41 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 41 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 41 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 42

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 42 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 42 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 42 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 43

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 43 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 43 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 43 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 44

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 44 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 44 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 44 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 45

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 45 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 45 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 45 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 46

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 46 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 46 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 46 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 47

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 47 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 47 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
day

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# DAY 47 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 48

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 48 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 48 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 48 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 49

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 49 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 49 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 49 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 50

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 50 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 50 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 50 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 51

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 51 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 51 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 51 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 52

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 52 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 52 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 52 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 53

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 53 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 53 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 53 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 54

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 54 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 54 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 54 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 55

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 55 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 55 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 55 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 56

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 56 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 56 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 56 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 57

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 57 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 57 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 57 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 58

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 58 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 58 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 58 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

DAY 59

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 59 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 59 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 59 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 60

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 60 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 60 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 60 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 61

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 61 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 61 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 61 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 62

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 62 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 62 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 62 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 63

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 63 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 63 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 63 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 64

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 64 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 64 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 64 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 65

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 65 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 65 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 65 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals  
you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 66

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 66 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 66 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 66 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 67

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 67 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 67 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 67 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 68

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 68 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 68 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 68 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

DAY 69

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 69 THANKFULNESS

Write down 20 things you are thankful for.

This is best done in the morning, but can be completed throughout the day

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# DAY 69 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the  
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# DAY 69 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 70

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 70 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 70 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 70 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 71

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 71 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 71 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 71 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 72

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 72 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 72 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 72 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 73

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 73 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 73 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 73 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 74

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

# DAY 74 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 74 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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# DAY 74 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

# 75 STRONG CHALLENGE

## DAY 75

<b>BE THANKFUL</b> List 20 things you appreciate	
<b>APPRECIATE YOURSELF</b> List 20 things you like about yourself	
<b>BE STILL</b> Spend 15 minutes meditating or sitting quietly	
<b>MOVE AND MOBILIZE</b> Exercise or stretch	
<b>EAT HEALTHILY</b> No sugar, fast for 16 hours	
<b>NO ALCOHOL</b>	
<b>READ 10 PAGES OF NONFICTION</b>	
<b>SPEND 15 MINUTES LEARNING SOMETHING</b>	
<b>SPEND 15 MINUTES ON A PASSION OF YOURS</b>	
<b>RECORD THE PROCESS</b> Put checks in the boxes and journal your thoughts and realizations	

## DAY 75 NOTES

Congratulations! You're on the last day of the 75 day challenge. However, today isn't about today.

Today is about what you want your life to be like in the future and as a result, what you want to keep doing into tomorrow and indefinitely.

Though you have plenty of reason to celebrate tomorrow, spend some time today thinking about what you've achieved, the benefits you've gained in your life, and the resulting actions you want to continue indefinitely to maintain those benefits.

You've created an incredibly positive set of habits and foundation for health, happiness, and productivity. Use it well!

# DAY 75 THANKFULNESS

Write down 20 things you are thankful for.  
This is best done in the morning, but can be completed throughout the day

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# DAY 75 SELF APPRECIATION

Write down 20 things you appreciate about yourself  
This is best done in the morning, but can be completed throughout the day

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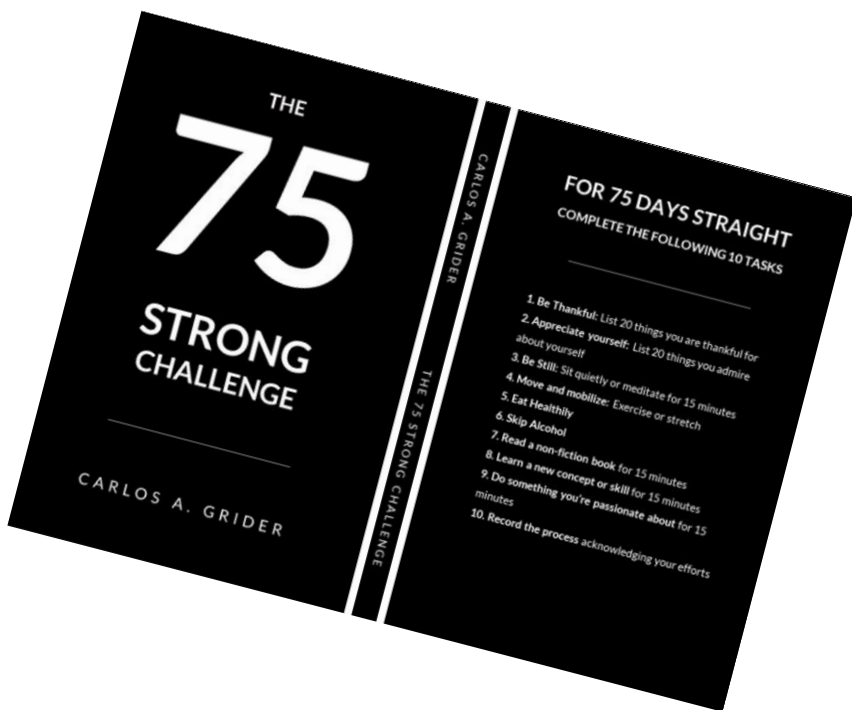
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# DAY 75 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals you've uncovered throughout the day

**PURCHASE YOUR COPY OF  
THE 75 STRONG  
CHALLENGE BOOK  
ON AMAZON TODAY!**



**[ABROTHERABROAD.COM/75-STRONG-BOOK](http://ABROTHERABROAD.COM/75-STRONG-BOOK)**