

75

DAY

STRONG

CHALLENGE

JOURNAL

THE 75 STRONG CHALLENGE RULES

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

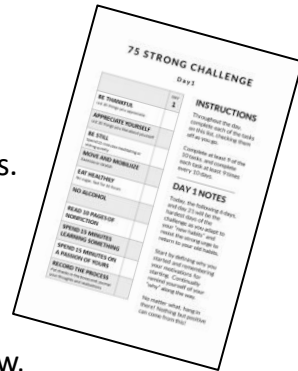
USE THIS JOURNAL TO RECORD YOUR PROGRESS

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

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

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

NOW, LET'S GET STARTED

75 STRONG CHALLENGE

DAY 1

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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.

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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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 –*

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.

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DAY 2 SELF APPRECIATION

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DAY 2 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 3

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

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

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Record any thoughts, realizations, feelings, new desires, or new goals
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DAY 4

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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READ 10 PAGES OF NONFICTION	
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SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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.

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.

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DAY 5

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BE STILL Spend 15 minutes meditating or sitting quietly	
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DAY 6

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APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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DAY 6 JOURNAL

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DAY 7

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APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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RECORD THE PROCESS 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

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

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DAY 7 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 8

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APPRECIATE YOURSELF List 20 things you like about yourself	
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MOVE AND MOBILIZE Exercise or stretch	
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DAY 8 JOURNAL

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75 STRONG CHALLENGE

DAY 9

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
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MOVE AND MOBILIZE Exercise or stretch	
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READ 10 PAGES OF NONFICTION	
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DAY 9 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 10

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

DAY 10 THANKFULNESS

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DAY 10 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 11

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 11 THANKFULNESS

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DAY 11 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 12

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

DAY 12 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 12 JOURNAL

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75 STRONG CHALLENGE

DAY 13

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BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 13 JOURNAL

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

DAY 14 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 14 JOURNAL

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BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
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READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 16 JOURNAL

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EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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 day

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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

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

DAY 18 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 18 SELF APPRECIATION

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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

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

DAY 19 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 19 SELF APPRECIATION

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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

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

DAY 20 THANKFULNESS

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DAY 20 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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.

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 22 THANKFULNESS

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DAY 22 SELF APPRECIATION

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DAY 22 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

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APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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DAY 23 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 24

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
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DAY 24 SELF APPRECIATION

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DAY 24 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 25

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 25 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 26 THANKFULNESS

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DAY 26 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 27

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

DAY 27 THANKFULNESS

Write down 20 things you are thankful for.

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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

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

DAY 28 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 28 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 29 THANKFULNESS

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DAY 29 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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.

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DAY 30 SELF APPRECIATION

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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

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

DAY 31 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 31 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 32

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

DAY 32 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 32 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 33

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

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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

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

DAY 34 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 34 SELF APPRECIATION

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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

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

DAY 35 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 35 SELF APPRECIATION

Write down 20 things you appreciate about yourself
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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 day

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 43 THANKFULNESS

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DAY 43 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

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

DAY 45 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 45 SELF APPRECIATION

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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

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

DAY 46 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 46 SELF APPRECIATION

Write down 20 things you appreciate about yourself
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

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

DAY 52 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 52 SELF APPRECIATION

Write down 20 things you appreciate about yourself
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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

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

DAY 53 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 53 SELF APPRECIATION

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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

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

DAY 54 THANKFULNESS

Write down 20 things you are thankful for.

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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
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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

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

DAY 57 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 57 SELF APPRECIATION

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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

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

DAY 58 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 58 SELF APPRECIATION

Write down 20 things you appreciate about yourself
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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 59 THANKFULNESS

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DAY 59 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 60 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 60 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
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DAY 61 THANKFULNESS

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DAY 61 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 62

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
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DAY 62 THANKFULNESS

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
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DAY 63 JOURNAL

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75 STRONG CHALLENGE

DAY 64

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
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MOVE AND MOBILIZE Exercise or stretch	
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DAY 64 JOURNAL

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DAY 65 JOURNAL

Record any thoughts, realizations, feelings, new desires, or new goals
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75 STRONG CHALLENGE

DAY 66

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
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READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 66 THANKFULNESS

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DAY 66 SELF APPRECIATION

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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

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

DAY 67 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 67 SELF APPRECIATION

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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

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

DAY 68 THANKFULNESS

Write down 20 things you are thankful for.

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DAY 68 SELF APPRECIATION

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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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
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DAY 69 THANKFULNESS

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DAY 69 SELF APPRECIATION

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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

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

DAY 70 THANKFULNESS

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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

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

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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

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

DAY 72 THANKFULNESS

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DAY 72 JOURNAL

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75 STRONG CHALLENGE

DAY 73

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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

BE THANKFUL List 20 things you appreciate	
APPRECIATE YOURSELF List 20 things you like about yourself	
BE STILL Spend 15 minutes meditating or sitting quietly	
MOVE AND MOBILIZE Exercise or stretch	
EAT HEALTHILY No sugar, fast for 16 hours	
NO ALCOHOL	
READ 10 PAGES OF NONFICTION	
SPEND 15 MINUTES LEARNING SOMETHING	
SPEND 15 MINUTES ON A PASSION OF YOURS	
RECORD THE PROCESS 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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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!**



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