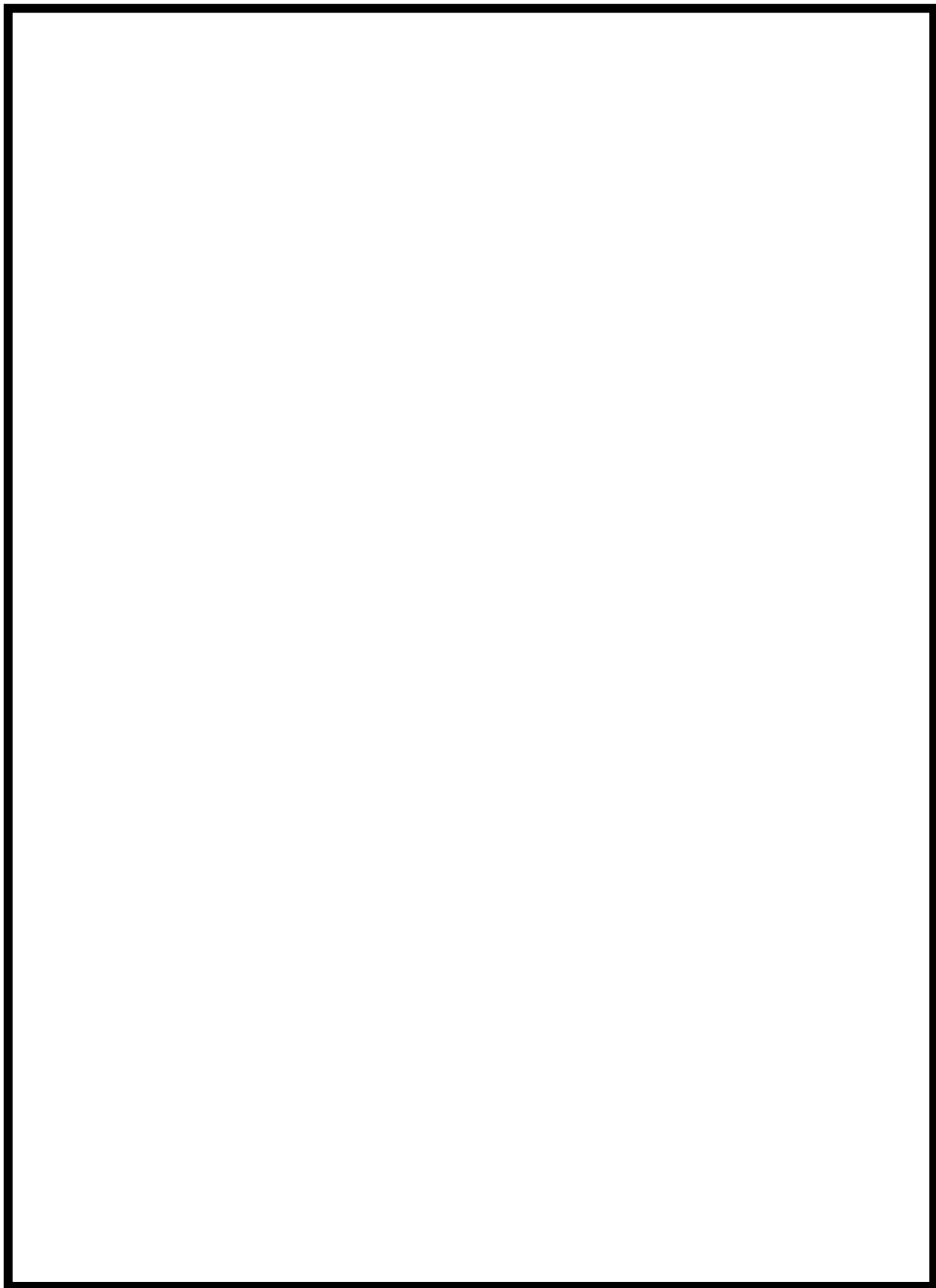


74

**DAY
CHALLENGE
JOURNAL**



THE NEW 74 DAY CHALLENGE RULES

For 74 days straight, complete all of 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
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 74 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

Every week of tasks has a section to write your notes – use it. 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. Record those thoughts here, in your notes section

74 DAY CHALLENGE

Days 1 to 7

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|----------|----------|----------|----------|----------|----------|----------|
| 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 8 to 14

| | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--|----------|----------|-----------|-----------|-----------|-----------|-----------|
| 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 15 to 21

| | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 22 to 28

| | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 29 to 35

| | DAY 29 | DAY 30 | DAY 31 | DAY 32 | DAY 33 | DAY 34 | 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 36 to 42

| | DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 | DAY 41 | 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 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 43 to 49

| | DAY 43 | DAY 44 | DAY 45 | DAY 46 | DAY 47 | DAY 48 | 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 50 to 56

| | DAY 50 | DAY 51 | DAY 52 | DAY 53 | DAY 54 | DAY 55 | 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 57 to 63

| | DAY 57 | DAY 58 | DAY 59 | DAY 60 | DAY 61 | DAY 62 | DAY 63 |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 64 to 70

| | DAY 64 | DAY 65 | DAY 66 | DAY 67 | DAY 68 | DAY 69 | 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 | | | | | | | |
| 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! | | | | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

74 DAY CHALLENGE

Days 71 to 74

| | DAY 71 | DAY 72 | DAY 73 | 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! | | | | |

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.