

MY 66-DAY CHALLENGE

"Accountability is the breakfast of champions."

- Gary Keller

In which area of your life:
(Circle one)

HABIT is _____

Spiritual Life

Physical Health

Personal Life

Key Relationships

Jobs

Business

Financial Life

★ START DATE:

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66 YOU DID IT!

5 MINUTES CAN CHANGE YOUR LIFE. Build a habit, and watch your efforts compound over time.

66 DAY CHALLENGE

- 1) 5 Minutes of Stretching
- 2) Read 5 pages of a wellness book

Some book ideas:

- The Blue Zone Solution
- The One Thing
- The 7 Habits of Highly Affective People
- The Compound Affect
- Author Brene Brown (Daring Greatly, The Power of Vulnerability)

- 3) Watch 5 minutes of a wellness documentary

Documentary Ideas:

- Forks over Knives
- What the Health
- Food Inc.
- Supersize me
- Brene Brown Talk on netflix
- Google Ted Talks on Wellness
- Tidying Up

- 4) 5 Minute Meditation or deep breathing

- Google "Guided Meditation 5 Minutes"
- <https://www.youtube.com/watch?v=i50ZAs7v9es>

- 5) Walk 5 days a week

- 6) 5 minutes of play with kids or 5 Minutes playing/walking with pets

- 7) 5 Minutes of laughter. Watch a funny show, read a book of jokes, or make humour with friends and family.

- 8) 5 additional glasses of water a day

- 9) 5 Minutes of gardening

- 10) 5 Minutes of Yoga or exercise

Yoga Video Ideas enter into google search:

- Tracey Campoli 5 minute work out
- Hasfit 5 Minute standing abs
- Meaghan Townsend beginner yoga
- 5-Minute Morning Yoga - Yoga With Adriene

- 11) 5 Affirmations

Affirmation Ideas:

- "I am" a Leader
- "I am" Talented
- "I am" Focused
- "I am" Empowered
- I am an opportunity Magnet, many wonderful things are going to happen to me today, money flows freely in my direction, My body is healthy and strong!