

FREE PRINTABLE 75 HARD JOURNAL PDF

75 DAY HARD 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.