

MY UNSTOPPABLE 21 DAY CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 START!	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 CELEBRATE!	23	24	25	26	27	28

Give yourself a TICK or a Gold Star for each day you work on your 21 Day Challenge and do your daily rituals.
Remember to take plenty of breaks DURING your 21 day challenge so you feel re-charged and empowered to work effectively.