

21 HARD THINGS DAY CHALLENGE

CHECKLIST

- Praying in the spirit for 20 minutes
- Reading a chapter of **Nehemiah**, morning and evening. Then we read **Esther**. Record your favorite verse
- What did I learn today?
- List 10 things you are grateful for
- Complete daily declarations
- Move your body for at least 10 mins
- Eat something awesome
- Drink 2 liters of water
- Intentionally love on someone
- Practice your trigger
- Make a genius financial move
- Post accountability photo