

21 HARD THINGS DAY CHALLENGE

CHECKLIST

LEAVE

- ☐ Praying in the spirit for 5 minutes
- ☐ Reading a chapter of ***Proverbs***,
Record your favorite verse
- ☐ What did I learn today?
- ☐ List 3 things you are grateful for
- ☐ Complete daily declarations
- ☐ Move your body for at least 5 mins
- ☐ Eat something awesome
- ☐ Drink 2 liters of water
- ☐ Intentionally love on someone
- ☐ Practice your trigger
- ☐ Make a genius financial move
- ☐ Post an accountability photo