

21 HARD THINGS DAY CHALLENGE

CHECKLIST

LEVEL 3

- ☐ Praying in the spirit for 15 minutes
- ☐ Reading one chapter of **John** and **Psalms** each day. 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 an accountability photo

