

21-day
RESILIENCE
CHALLENGE

HABIT TRACKER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

- 1 Connect to your roots
- 2 Prime
- 3 Drink more water
- 4 Avoid the downward spiral
- 5 Connect with a friend
- 6 Quarantine your thoughts
- 7 Relax & breathe
- 8 Create possibility
- 9 Use time & energy wisely
- 10 Count your blessings
- 11 Respond don't react
- 12 Live on purpose
- 13 Eat more fruit & veggies
- 14 Inspire someone
- 15 Schedule your "Sweet Spot"
- 16 Be generous
- 17 Release stress
- 18 Stop, drop & frame
- 19 Step up
- 20 Stretch & grow
- 21 Celebrate