



# GET MO(RE) JOY CHALLENGE

	<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>	<b>SAT:</b>	<b>SUN:</b>
<b>WEEK #1:</b>							
<b>WEEK #2:</b>							
<b>WEEK #3:</b>							
<b>WEEK #4:</b>							

### **3 THINGS I WANT TO ACCOMPLISH, CREATE OR FEEL IN MY LIFE:**

**#1:**

**#2:**

**#3:**

*Examples: I feel comfortable in my own skin. I feel rested & refreshed when I wake up every morning.*

*I start my day focused with a morning meditation. I take 30 min to workout/move my body every day.*