

21 Day Challenge



This is my 21 Day Challenge. I will focus on _____

_____ every day for 21 days.

I will succeed some days, and others I will not. I will forgive and love myself despite my shortcomings.

I will be honest with myself, ticking the days I complete the challenge and crossing the days I don't.

I will not punish myself for the days I do not complete. I will practice self-love regardless.

I will grow and improve as a result of the challenge, no matter how many ticks and crosses are present.

I am worth this and I love myself.

Now go complete this challenge—You've got this!

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|--------|--------|--------|--------|--------|--------|
| | | | | | | |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| | | | | | | |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| | | | | | | |

I managed to complete this challenge on ____/21 days.

This is a good result. It's a good benchmark shall I decide to try this challenge again.

I have grown as a result of this challenge and I love myself

