21 DAY REWIND CHALLENGE

WEEK 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAILY REWIND HABITS	✓	✓					
GOAL 1	Revisit Mindset Phrases	Take a brisk walk for at least 30 minutes	Reach out to an elderly person	Cyber-fast - Take a break from technology	Sign up for a challenge	Take a brisk walk for at least 30 minutes	Reflect - what are you gaining from doing this challenge?
GOAL 2	Reflect on the last two weeks	Write down ways you will sustain your new healthy habits	Watch a comedy that you love	Give someone a gift	Think about challenging activities you could do regularly	Think of someone who has wronged you	Make today a day of non judgement
GOAL 3	Practice pre-bed Yoga Nidra	Do an "enrichment" activity	Do an "enrichment" activity	Think of how you can make generosity a habit	Do an "enrichment" activity	Try to forgive them using Metta Meditation	Do a random act of kindness
CHECK IN	Check in with Jayney on social media and update everyone on how you are getting on with the challenge						
EXERCISE	Do your resistance training	Do some mindful exercise - any duration	Do your resistance training	Do some mindful exercise - any duration	Do your resistance training	Do some mindful exercise - any duration	Rest

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