



# 2021 / CALENDAR

## MONTHLY CHALLENGES

# CHALLENGE

JANUARY: NO SOCIAL SUNDAYS  
(SOCIAL MEDIA IS OUT ON SUNDAYS)

FEBRUARY: WRITING 20 MIN  
(EVERY DAY)

MARCH: NO ALCOHOL

APRIL: RUNNING/FITNESS  
(EVERY DAY)

MAY: NO FAST FOOD

JUNE: NO TREATS  
(ANYTHING YOU CONSIDER A TREAT)

JULY: NO SODA/ENERGY DRINKS

AUGUST: READING 20 MIN  
(FROM A BOOK EVERY DAY)

SEPTEMBER: PODCAST/AUDIOBOOK  
(LISTEN TO ONE EVERY DAY)

OCTOBER: NO SOCIAL SUNDAYS  
(SOCIAL MEDIA IS OUT ON SUNDAYS)

NOVEMBER: MEDITATE  
(EVERY DAY)

DECEMBER: WRITE 3-5 GRATITUDES  
(EVERY DAY)