May 2016 Project

The 21 Day Challenge

Supplies needed: notebook, markers, colored pencils etc, camera, magazines, glue, scissors, pen or pencil.

1. Open your notebook up so that you have paper on both the left and the right sides. Choose a spot and write the number of the day you are on. For example, Day 1, your challenge is to do it for 21 days.

2. On the left side write your goal. This can be a goal for the day, the week or the entire 21 days. You choose. Write it out. Read it to yourself 3 times while you decorate around it!

3. On the right side write I am… 3 times. Leave a blank after them and then fill in the blank after the statement with positive thing about you!

eel free to doodle, draw and decorate in any way you choose around where you have written. If writing isn’t your thing cut out letters and pics from magazines or use photos to fill in the blanks. Be creative.

Repeat for 21 Days!

Remember all you have to do is your best!

See you next time!

Stacy