

# 61 WEEKLY CHALLENGES 2019 – JANUARY CHALLENGES WORKSHEET

Please see each weekly challenge post at [www.MindfulSparkles.com](http://www.MindfulSparkles.com) for additional details.

## JANUARY CHALLENGES

C – Celebrate A - Awareness with J - Joy O - Organization and L – Laudable E – Efforts

**\* Challenge 1 of 61: Make a quick list of the reasons WHY you want to set goals or resolutions at all.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**\* Challenge 2 of 61: To drink more water 💧 the first week after the new year. January 1 - January 9th.**

List Daily Water Amount	
Times of Day You Plan to Drink Your Water	
How Many Days will you Participate?	1 2 3 4 5 6 7 8 9
Will you Prep the Water the Day Before?	Circle one: YES or NO. If yes, explain your plan or if no, state your reasoning.
How Will you Track Your Progress?	Tracker from post / Paper Calendar or Journal / WW Tracker / Other: _____

**\* Challenge 3 of 61: 🏋️ Improve Your Moves Challenge: Add or Try One New Exercise**

1. List 1 new exercise, stretch, or movement you will try or add this week: \_\_\_\_\_
2. Select follow-through date: \_\_\_\_\_
3. List your reason why you want to try this new activity: \_\_\_\_\_

**\* Challenge 4 of 61: 🍵 Cup of Tea Challenge: Try Drinking 1 Cup of Tea a Day (and/or try a new tea)**

- Select type of tea or teas you want to try: \_\_\_\_\_
- Select day or days to try the teas: \_\_\_\_\_
- Select best time of day to drink tea: \_\_\_\_\_

**\* Challenge 5 of 61: ✅ Streak Week Challenge: Try or Subtract a Habit for One Week Only**

1. List the habit you want to add or subtract: \_\_\_\_\_
2. Why do you want to make this change? \_\_\_\_\_
3. How will the new habit or routine change help you in your journey? \_\_\_\_\_
4. What days will you focus on this habit or behavior challenge? \_\_\_\_\_

Comments? Questions? Please ask them in the comment section of each blog post on the [MindfulSparkles.com](http://MindfulSparkles.com) website. Use these prompts as a guide for your own personal, no-excuses action plan. Go crush your goals!