10-DAY RESET CHALLENGE

What Can You Commit To For 10 Days?	Daily Checklist									
	1	2	3	4	5	6	7	8	9	10
Alcohol: Don't consume any alcohol.										
Food: No junk food or highly processed foods.										
Caffeine: No coffee, tea, or energy drinks after lunch.										
Water: Drink at least 2 litres of water each day.										
Move: Do at least 5 mins stretching each day.										
Move: Do at least 20 mins exercise each day.										
Screens: Stay off social media, online news and forums all day.										
Be Kind: Say or do one nice thing for someone else.										
Focus: Prioritise and tackle your daily tasks according to their urgency and importance.										
Focus: Block out one hour for deep focus - No calls, notifications, emails.										
Take Action: Deal with one task or situation you've been avoiding.										
Practice: Practice something you're not good at for at least 5 minutes.										
Stress: Respond more positively to a situation that bothers you.										
Stress: Take 10 deep breaths at least once each day, in for 4 seconds, out for 4 seconds.										
Connect: Have at least one meaningful conversation with a loved one, friend or colleague.										
Gratitude: Before sleep, think about one person or thing you're grateful for, and why.										
Happiness: Stop and appreciate one good moment as it happens each day, no matter how small.										
Sleep: Don't eat any food for at least 2 hours before bedtime.										
Sleep: Keep a regular bedtime and try to get 7+ hours sleep.										
Screens: Turn off your smartphone at least 1 hour before bedtime.										
Sleep: Read a book for 15 minutes just before you go to bed.										
Add your own:										

Scan QR Code to download Challenge Checklist & Register for the 10-Day Reset Program





