

WHO ARE WE?

a blog.

WHO ARE YOU?

<http://whoarewe.blog>

21 Days: FIND & DEFINE YOURSELF CHALLENGE

DAY 1: Decide your top 3 values

DAY 2: Do Something outside your comfort zone.

DAY 3: WRITE AN ITEM ON YOUR LIFE PURPOSE LIST

DAY 4: Take yourself on a date

DAY 5: Set a Goal

DAY 6: Do something that heals you

DAY 7: Stereotype yourself. Write it.

DAY 8: Track your activity each task, feeling, interaction.

DAY 9: Call your Mom.

DAY 10: Listen to a self-improvement podcast

DAY 11: Exercise

DAY 12: DEEP THOUGHTS: MONEY, NOT AN ISSUE, HOW WOULD YOU SPEND LIFE?

DAY 13: Note the 5 people closest to you. Why is it those people?

DAY 14: Fast for 12 hours.

DAY 15: Donate to your favorite charity.

DAY 16: Plan the PERFECT DAY

DAY 17: Breathe deeply and slowly for 3 minutes. Note your thoughts.

DAY 18: Write a time when you felt anger in the last 24 hours.

DAY 19: Describe a time when you were disappointed in yourself.

DAY 20: Connect. Reach out, listen. But also, discuss what you wish.

DAY 21: Ask for support, friends and family

For support, videos visit: <http://whoarewe.blog/21days>

21 Days: WHO ARE YOU?

FIND & DEFINE YOURSELF CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DECIDE YOUR TOP 3 VALUES	DO SOMETHING OUTSIDE YOUR COMFORT ZONE	WRITE AN ITEM ON YOUR LIFE PURPOSE LIST	TAKE YOURSELF ON A DATE	SET A GOAL	DO SOMETHING THAT HEALS YOU	STEREOTYPE YOUR SELF. WRITE IT.
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
TRACK YOUR ACTIVITY. EACH TASK. FEELING INTERACTION	CALL YOUR MOM	LISTEN TO A SELF-IMPROVEMENT PODCAST	EXERCISE	DEEP THOUGHTS: MONEY NOT AN ISSUE HOW YOU WOULD SPEND LIFE?	NOTE THE 5 PEOPLE CLOSEST TO YOU. WHY IS IT THOSE PEOPLE?	FAST FOR 12 HOURS.
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DONATE TO YOUR FAVORITE CHARITY	PLAN THE PERFECT DAY	BREATH DEEPLY & SLOWLY FOR 3 MINUTES. NOTE YOUR THOUGHTS.	WRITE ABOUT A TIME YOU FELT ANGER IN THE LAST 24 HOURS.	DESCRIBE A TIME WHEN YOU WERE DISAPPOINTED IN YOURSELF.	CONNECT. REACH OUT. LISTEN. BUT ALSO, DISCUSS WHAT YOU WISH.	ASK FOR SUPPORT FROM FAMILY AND FRIENDS.

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