

21 Day Challenges

IT TAKES 21 CONSECUTIVE DAYS TO GET INTO A FLOW OF CONSISTENCY & HABIT. CHOOSE A CHALLENGE BELOW & COMMIT TO IT FOR 21 CONSECUTIVE DAYS. LET ME KNOW HOW YOU DO.

1. VOLUNTEER WITH A CHARITY

2. CALL PEOPLE YOU LOVE

3. DO SOMETHING NICE FOR YOURSELF

4. EAT FRESH-NO FAST FOODS

5. GET 21 PEOPLE TO DO THIS WITH YOU

In a world full of chaos, ground yourself with the beautiful things going in your life.

MASTER COACH LAKENDRA

**UPDATE ME ON FACEBOOK:
@GLOBALCOACHENTREPRENEUR**