

ABUNDANT LIVING CHALLENGE

2021



TIME:

Two weeks to a better you!

DETAILS

30 Minutes a day pursuing a passion,
30 minutes moving your body,
30 minutes learning something new,
30 minutes making and eating a nourishing plant focused meal.

WHO IS THIS FOR?

anyone who wants to stay accountable and fill up their emotional, mental and physical "bank account".

HOW THIS CHALLENGE WORKS

01

PURSUE A PASSION

Online schooling?
Crafting?
Meditation?
Writing your novel?
Starting a blog?

02

MOVE YOUR BODY

Run with a friend?
Stretch on your mat?
YouTube yoga classes?
Rebound on your
trampoline?
Walk the dog?

30 minutes of movement will
give you so much more
energy and happy hormones.
you will be glad you did it!

03

LEARN SOMTHING NEW & SHARE IT!

Music lessons?
Learning calligraphy?
Researching things that
fascinate you?
Reading a book?

HOW THIS CHALLENGE WORKS

EAT ONE PLANT FOCUSED MEAL

Make it your challenge to fit as much naturally grown produce on to your plate as possible.

This could be a smoothie for breakfast, a giant salad for lunch or a quinoa bowl topped with veggies for dinner

Try making a big pot of veggie soup, or meal prep a few jar salads if you're busy and on the go.

Meal prepping is key to success when making nutrition and health goals. try to incorporate some premade healthy meals in to your day>

Abundance Challenge

week one

Name _____

Date _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Abundance Challenge

week two

Name _____

Date _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

CHEERS TO HEALTHY ABUNDANT LIVING!

(Please contact your Doctor before implementing lifestyle changes.)

If you are feeling proud of your successes, please tag me in your healthy abundant journey so I can encourage you.. DM me on Instagram at @bethanythislittlestate so I can join your cheering squad!

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