

prairienaturals®

# Monthly Strength Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 26	27	28	29	30	31	Apr 1
						
2	3	4	5	6	Good Friday 7	8
<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 	<b>Meditation week:</b> Spend 5 minutes in quiet meditation 
9	10	11	12	13	14	15
<b>Meditation week:</b> Spend 10 minutes in quiet meditation 	<b>Self-care week:</b> Connect with the Earth by take care of your plants	<b>Self-care week:</b> Find a new tool to increase productivity at work	<b>Self-care week:</b> Catch up with friends or family	<b>Self-care week:</b> Go for a 20-minute walk in a new trail	<b>Self-care week:</b> Light a candle and take a bubble bath	<b>Self-care week:</b> Bake something with SuperFoods
16	17	18	19	20	21	22
<b>Meditation week:</b> Spend 10 minutes in quiet meditation 	<b>Meditation week:</b> Spend 10 minutes in quiet meditation 	<b>Meditation week:</b> Spend 10 minutes in quiet meditation 	<b>Meditation week:</b> Spend 15 minutes in quiet meditation 	<b>Meditation week:</b> Spend 15 minutes in quiet meditation 	<b>Meditation week:</b> Spend 15 minutes in quiet meditation 	<b>Meditation week:</b> Spend 15 minutes in quiet meditation 
23	24	25	26	27	28	29
<b>Meditation week:</b> Spend 15 minutes in quiet meditation 	<b>Self-care week:</b> Make yourself a golden latte with Turmeric	<b>Self-care week:</b> Write in your journal	<b>Self-care week:</b> Declutter your living space	<b>Self-care week:</b> Have a take-out picnic with your loved ones	<b>Self-care week:</b> Give yourself a Spirulina facial mask	<b>Self-care week:</b> Enjoy all the things that make you laugh

