

**BLACK WOMEN LOSING WEIGHT's
21 DAY CHANGE YOUR MINDSET
CHALLENGE TRACKING CALENDAR**

**GET THE FULL DETAILS FOR EACH DAILY
TASK at WWW.BLACKWEIGHTLOSSSUCCESS.COM/JANUARY-21-DAY-MINDSET/**

Day 1: What's your Big Why? Why do you want to lose weight/get fit/create a healthy lifestyle? Make a list of your reasons.

Day 2: Create Clear, Measurable, Realistic goals.

Day 3: Why are you worth it?

Day 4: What is your current relationship with food?

Day 5: Accept that you are an awesome and beautiful person.

Day 6: Visualize Your Goals Part 1 - Select images

Day 7: Visualize Your Goals Part 2 - Create your vision Board

Day 8: Visualize Your Goals Part 3 - Share your board with us!

Day 9: It's time to reach out for support.

Day 10: Write a letter to yourself that you will read after you've met your weight loss/fitness goal(s).

Day 11: Investigate your Triggers Part 1: What, other than hunger, makes you want to eat?

Day 12: Investigate your Triggers Part 2: How can you take action to guard against eating when you are not hungry?

Day 13: Healing Past Pain: It's all about forgiveness

Day 14: Mindful Eating

Day 15: Do something that makes YOU feel beautiful

Day 16: Do something relaxing that is all about YOU today.

Day 17: Make a Gratitude List

Day 18: Positive Affirmations

Day 19: Take stock of where you are in life right now

Day 20: Create a daily or weekly Healing Ritual

Day 21: Music can affect your Mindset