

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

**READ THE FULL DETAILS OF EACH DAILY TASK at
BlackWeightLossSuccess.com. 2020 is our YEAR!**

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: Visualize Your Goals Part 1 - Select Images

Day 5: Visualize Your Goals Part 2 - Create Your Vision Board

Day 6: What is your current relationship with food?

Day 7: Accept that you are an awesome and beautiful person.

Day 8: Take Replace Hindering Thoughts with Uplifting Thoughts

Day 9: Reach out for support.

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

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 and Forgiveness

Day 14: Mindful Eating

Day 15: Do Something That Makes Your 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