

# BLACK WOMEN LOSING WEIGHT'S 21 DAY MINDSET CHALLENGE CHECKLIST



*Change your Mind  
Change your Life*

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February 2022 Challenge - Read the Full Details of each daily task at [BlackWeightLossSuccess.com](https://BlackWeightLossSuccess.com)

**Day 1:** Clarify your Big Why? Why do you want to lose weight/get fit?

**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 incredible and beautiful person.

**Day 8:** Replace Hindering Thoughts with Uplifting Thoughts

**Day 9:** Reach out for support.

**Day 10:** Goal Letter: Write a letter to yourself.

**Day 11:** Investigate your Triggers Part 1: What makes you want to eat?

**Day 12:** Investigate your Triggers Part 2: Take Action

**Day 13:** Healing Past Pain and 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