2025 (CEM) (

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RECONNECTION CHALLENGE!!!	l Make an intention for this challenge and write it down	2 Drop your shoulders. Wiggle your toes. Release your tongue from the roof of your mouth	3 Go to bed 30 minutes earlier (phone out of reach)	4 Meditate for 10 Minutes (Set a Timer)	5 Do one tiny kind thing for yourself today.	6 Go for a 20-minute walk outside
7 Two hours offline- buckle up.	8 Hug your kid or loved one longer than usual (make it awkward)	9 Call or send a voice note instead of texting	10 Buy someone you don't know a cup of coffee	Ask someone: "When did you feel the most seen?" Then shut the hell up and listen.	12 Write a 'Hope Note' and email it to Jody or add it to Instagram post	13 Light a candle intentionally for someone
14 Today we thank someone properly. Look them in the eye. Say it slowly. Make it land.	Journal prompt: "What do I actually need today?"	16 Donate 5 things you never use	Let's dance! Put on your favourite song and dance like no one is watching	18 GO THE ENTIRE DAY WITHOUT COMPLAINING (we can do it!)	19 Write down one thing this year has taught you	20 Do one thing today that brings your body comfort
21 If you completed all 21 days, comment "ALL DONE" so I can cheer you on.		23	24	25	26	27
28	29	30	31			