

THE DOPE - 66

22 DAY SPRINT- LEVEL 1



1. WRITE YOUR BIG 3

Write down your top three priorities every morning.



2. PUT AWAY 3-5 ITEMS

Put away 3-5 items - this means put away where it goes not putting it down in a random place.



3. DRINK WATER 3-5 TIMES

Drink a glass of water with every meal, yeah that means you have to remember to eat.



4. MOVEMENT 15-30 MINS

Do what feels good to your body. Dance parties, hula hooping, walking, or light saber battles totally count.



5. HAPPY PIC

Take a pic of something that makes you happy. You can make a little album on your phone just for this.



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22 DAY SPRINT- LEVEL 2



1. WRITE YOUR BIG 3

Write down your top three priorities every morning.

2. PUT AWAY 5-7 ITEMS

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3. DRINK WATER 3-5 TIMES

Drink a glass of water with every meal, yeah that means you have to remember to eat.

4. MOVEMENT 15-30 MINS

Do what feels good to your body. Dance parties, hula hooping, walking, or light saber battles totally count.

5. HAPPY PIC

Take a pic of something that makes you happy. You can make a little album on your phone just for this.

6. READING 5 -7 MINUTES

Read anything you want for 5 - 7 minutes. You have our permission to be as weird and as nerdy as you want to be.



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7. JOURNAL 3 THINGS

Write down

- 1 thing you accomplished
- 1 thing you are thankful for
- 1 thing you are looking forward to