DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REFRESH YOUR WORKSPACE	ORGANIZE THE PANTRY IN A WAY THAT WORKS FOR YOU	CLEAR OUT YOUR CLEANING PRODUCTS	ORGANIZE YOUR BATHROOM DRAWERS AND CABINETS	CARVE OUT A MEDITATION SPACE	START YOUR DAY WITH 20 MINUTES OF JOURNALING	FIND OUT YOUR ENNEAGRAM TYPE
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CREATE A VISION BOARD	WRITE YOUR FUTURE BIO TO ACHIEVE YOUR 2021 GOALS	DO A GUIDED BREATHWORK EXERCISE	TRY EATING ONLY PLANT-BASED MEALS ONE DAY A WEEK	EAT A LIVE FERMENTED FOOD TODAY	MAKE AN ANTI- INFLAMMATORY DINNER TONIGHT	USE MUSIC TO CHANGE HOW YOU FEEL AT DIFFERENT PARTS OF THE DAY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
TRY A DANCE WORKOUT TO SPARK JOY	RECONNECT WITH AN OLD FRIEND	EDUCATE YOURSELF ABOUT RACE	CREATE AUTHENTIC RELATIONSHIPS AT WORK	CREATE SPACE FOR YOURSELF	PLAN AN AT-HOME DATE NIGHT	GO OUTSIDE FOR SOME GROUNDING TODAY

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