

PLANTING *seeds of purpose*

APRIL DAILY POINT SHEET

Complete the mini-challenge in each daily post!

DAY 1 25 POINTS Introduce yourself! Share what you're excited about and a selfie!	DAY 2 15 POINTS Spend 5-10 minutes journaling to discover more about yourself.	DAY 3 10 POINTS Identify and share how you will connect more with others.	DAY 4 15 POINTS Identify what past experiences are holding you back.	DAY 5 5 POINTS How can you be more grateful and generous?	DAY 6 15 POINTS Work on decluttering your kitchen and share a pic!	DAY 7 10 POINTS Do a brain dump and share how you feel afterward!	DAY 8 10 POINTS What mindful eating practice do you struggle with the most?
DAY 9 15 POINTS Identify the purpose behind everything you eat today.	DAY 10 5 POINTS Do you struggle with a good vs bad food mentality? How so?	DAY 11 10 POINTS Do you meal plan and prep? What is your fav benefit?	DAY 12 10 POINTS Keep a food log for the rest of the day and share if you feel comfortable.	DAY 13 15 POINTS Declutter some mental space and share a pic or how it went!	DAY 14 10 POINTS Set 3-5 realistic goals for this week and share at least one!	DAY 15 15 POINTS What benefits of movement are you focusing on most right now?	DAY 16 10 POINTS Share your deeper why behind your workouts.
DAY 17 5 POINTS Share what kind of example you want to set for your family.	DAY 18 10 POINTS Try to do as much as you can without sitting down today.	DAY 19 15 POINTS What age-related health issues do you want to avoid the most?	DAY 20 15 POINTS Go through your wardrobe and share a pic of your progress!	DAY 21 15 POINTS What is your current Monday mindset and how are you changing it?	DAY 22 10 POINTS How often do you cook from scratch?	DAY 23 10 POINTS What is your favorite tip or way to eat more fresh foods?	DAY 24 15 POINTS What produce do you have the hardest time keeping fresh?
DAY 25 20 POINTS Do you or do you want to try growing any of your own foods?	DAY 26 15 POINTS Do you make (or want to) any of your own staples from scratch?	DAY 27 15 POINTS Look at your schedule and see how you can cut back.	DAY 28 15 POINTS Share how you are resting and resetting for the week ahead.	DAY 29 10 POINTS Think through your relationships and identify anyone that is draining you.	DAY 30 25 POINTS What relationship tips do you need to work on most?		

WHEN COMPLETE, PLEASE ADD UP ALL YOUR POINTS AND SUBMIT THIS SHEET TO ME!

TOTAL CHALLENGE POINTS: