3RD ANNUAL- DECEMBER FINISHER CHALLENGE 2022

	ACTIVITY	12/1/2022	12/2/2022	12/3/2022	12/4/2022	12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022	12/10/2022	12/11/2022	12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022	12/17/2022	12/18/2022	12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022	12/24/2022	12/25/2022	12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022	12/31/2022
		12	12	12	12	12	12	12	12	12	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,	12,
	ONCE A DAY																															
1	TAKE A COLD SHOWER																															
2	HOLD A PLANK (LONGER EVERYDAY)																															
3	DRINK A GALLON OF WATER																															
4	DO 100 PUSH UPS																															
5	EAT A HEALTHY MEAL																															
6	MEDITATE FOR 5 MINUTES																															
7	DO SOMETHING THAT SCARES YOU																															
8	READ 5 PAGES IN A NONFICTION BOOK																															
9	MAKE A TO DO LIST																															1
10	DON'T HIT THE SNOOZE AND WAKE UP EARLY																															
11	GO OUTSIDE																															
12	DO A PHYSICAL ACTIVITY																															
13	SAY AN OUTLOUD POSITIVE AFFIRMATION																															
14	GIVE A COMPLIMENT																															
15	DO SOMETHING THAT MAKES YOU HAPPY																															
16	SAY A PRAYER																															
17	HOLD THE DOOR OPEN FOR SOMEONE																															
18	TELL SOMEONE YOU LOVE THEM																															
19	POST TO SOCIAL (THOUGHT, PHOTO, VIDEO)																															
20	FOLLOW MORNING ROUTINE & JOURNAL YOUR EXPERIENCES																															
	ONCE A WEEK																															
1	CREATE A PIECE OF ART																															
2	GO ON A DISTANCE RUN																															
3	TAKE A PROGRESS PIC																															
4	COMPLETE A YOGA SESSION																															
5	RECONNECT WITH AN OLD FRIEND																															
6	WATCH THE SUNSET OR SUNRISE																															
7	OFFER TO HELP SOMEONE																															
8	BUY LOCAL																															
9	LEARN A NEW WORD AND USE IT																															
10	SEE (OR FACETIME) A FAMILY MEMBER OR PAST FRIEND																															
	ONCE THIS MONTH																															\neg
1	LEARN A NEW SKILL																															
2	BEAT A PR OR COMPLETE A CHALLENGE																															
3	MAKE A SIGNIFICANT CHARITABLE DONATION																															
4	JOIN A GROUP OR CLUB																															
5	INVEST IN THE STOCK MARKET																															
6	MAKE A BUDGET AND REVIEW IT																															
7	BUY YOURSELF SOMETHING NICE																															
8	BUY SOMEONE ELSE SOMETHING NICE																															
9	MAKE A NEW FRIEND																															
10	MAKE 12 GOALS FOR 2023																															
10	THE TE COMES FOR EDES																															_