

NOT SO NEGATIVE CHALLENGE CALENDAR

JENNIFER CROCE

Day 1 NOT SO NEGATIVE CHALLENGE

TAKE A PICTURE OF SOMETHING THAT BRINGS YOU JOY & POST IT.

Use Hashtag #notsonegative or #jcrocewrites so I can see it & comment!

JENNIFER CROCE
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Day 2 NOT SO NEGATIVE CHALLENGE

LET'S MAKE A SONG LIST. WHAT SONG ENCOURAGED YOU TODAY TO KEEP MOVING FORWARD?

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Day 3 NOT SO NEGATIVE CHALLENGE

DECLUTTER TODAY. CLEAN OUT A DRAWER, A GLOVEBOX, A MAKE UP STATION, A FILE CABINET, OR ANYTHING ELSE THAT HAS UNNECESSARY CLUTTER.

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Day 4 NOT SO NEGATIVE CHALLENGE

POST A PICTURE OF A WORD YOU CAME ACROSS TODAY THAT REMINDED YOU TO STAY FOCUSED ON THE GOOD IN YOUR LIFE AND REST IN IT. TAKE TIME TO REST TODAY.

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Day 5 NOT SO NEGATIVE CHALLENGE

TURN OFF THE NEWS. FOCUS ON FILLING YOUR DAY WITH PURPOSE. WRITE A CARD OR LETTER TO SOMEONE YOU HAVEN'T SPOKEN TO. START WRITING YOUR BOOK. MAKE A CRAFT FOR SOMEONE. ORGANIZE YOUR PICTURES INTO A PHOTO BOOK FOR YOU TO KEEP.

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Day 6 NOT SO NEGATIVE CHALLENGE

SHARE AN INSPIRATIONAL QUOTE THAT MOTIVATES YOU. PRINT IT OUT AND POST IT SOMEWHERE YOU'LL ALWAYS BE ABLE TO SEE IT.

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Day 7 NOT SO NEGATIVE CHALLENGE

GIVE A SHOUTOUT TO A MENTOR, HERO, ETC... LET THEM KNOW HOW THEY MAKE A DIFFERENCE IN YOUR LIFE.

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Day 8 NOT SO NEGATIVE CHALLENGE

POST A VERSE THAT REACHES YOU IN THE DEPTHS OF YOUR SOUL. YOU KNOW THAT VERSE THAT JUST JUMPS OUT TO YOU AND SPEAKS TO YOU, ALMOST AUDIBLY.

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Day 9 NOT SO NEGATIVE CHALLENGE

SAY SOMETHING NICE TO YOURSELF FIRST THING IN THE MORNING & WALK IN IT. IF YOU CATCH YOURSELF PUTTING YOURSELF DOWN, REPEAT THAT COMPLIMENT TO YOURSELF THAT YOU SAID EARLIER.

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Day 10 NOT SO NEGATIVE CHALLENGE

CHOOSE NOT TO DWELL ON ANYTHING TODAY. IF SOMETHING HAPPENS THAT YOU MESS'D UP ON OR CAN'T FIX, JUST LET IT GO, GIVE IT TO GOD AND MOVE FORWARD. REPEAT: DON'T DWELL ON IT.

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Day 11 NOT SO NEGATIVE CHALLENGE

EXERCISE! TELL ME WHAT YOU DID FOR EXERCISE TODAY. IT COULD BE A WALK, A JOG, HARD CORE OR NO CORE AT ALL. ANY MOVEMENT IS GOOD MOVEMENT.

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Day 12 NOT SO NEGATIVE CHALLENGE

TRY SOMETHING NEW TODAY. FOOD, HOBBY, PROJECT, EXERCISE, CRAFT, ETC... LET ME KNOW WHAT YOU DID!

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Day 13 NOT SO NEGATIVE CHALLENGE

CHOOSE NOT TO ARGUE WITH NEGATIVE PEOPLE TODAY, THAT INCLUDES YOURSELF. STOP IN YOUR TRACKS, BREATHE AND MOVE ON.

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Day 14 NOT SO NEGATIVE CHALLENGE

THINK POSITIVELY. HOW ARE YOU DOING TODAY? IS YOUR JOURNAL AS FULL AS MINE IS?

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Day 15 NOT SO NEGATIVE CHALLENGE

RECITE POSITIVE AFFIRMATIONS TODAY & TRY TO STEER CLEAR OF TOO MUCH SOCIAL MEDIA. HERE ARE A FEW:

- NEVER GIVE UP
- BELIEVE IN YOURSELF
- I AM HONEST
- I AM KIND

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Day 16 NOT SO NEGATIVE CHALLENGE

TODAY, ACTIVELY ACKNOWLEDGE GOD AND LET HIM HANDLE WHATEVER COMES YOUR WAY. EVERY TIME SOMETHING COMES UP THAT DOESN'T GO YOUR WAY, REPEAT "GOD, I GIVE MY DAY TO YOU. I WILL REMAIN HUMBLE IN YOUR WILL AND YOU CAN HAVE MY DAY. I WILL BE GLAD IN THIS DAY YOU HAVE GIVEN ME!"

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Day 17 NOT SO NEGATIVE CHALLENGE

PRACTICE GRATITUDE TODAY. WHAT ARE YOU GRATEFUL FOR? POST A PICTURE, WORD, OR SHORT PARAGRAPH.

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Day 18 NOT SO NEGATIVE CHALLENGE

DON'T GOSSIP, DON'T LISTEN TO IT OR GET INVOLVED IN IT. WRITE IN YOUR JOURNAL HOW YOU HELPED TURN AROUND A CONVERSATION FROM GOSSIP TO POSITIVE AFFIRMATION.

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Day 19 NOT SO NEGATIVE CHALLENGE

SAY "THANK YOU" WHENEVER YOU GET THE CHANCE TODAY. IF A LOVED ONE OR A STRANGER DOES SOMETHING FOR YOU FROM THE SMALLEST TO THE BIGGEST, SAY THANK YOU.

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Day 20 NOT SO NEGATIVE CHALLENGE

WRITE DOWN SOME GOALS YOU HAVE FOR THIS YEAR. MAKE GOALS THAT YOU CAN CONTINUE TO IMPROVE ON THROUGHOUT THE MONTHS AND EVEN BEYOND THIS YEAR IF POSSIBLE.

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Day 21 NOT SO NEGATIVE CHALLENGE

SHARE A TESTIMONY OF THIS CHALLENGE. WHAT HAVE YOU EXPERIENCED THAT WAS POSITIVE? HOW DID IT MAKE YOU FEEL?

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The object of this challenge is to catch ourselves when we're being negative. Not to hide our feelings or ignore them but to challenge ourselves to live more maturely in them. To acknowledge that they are there but they don't have to control us. So we can and will fail at different areas of this challenge but we can document it and keep moving forward. This will help us to stop in our tracks and say "I can think differently about this situation and even if it doesn't go my way, I can walk this out".