

Planks-Giving Challenge

Your body is an INCREDIBLE machine but we often forget all that it has allowed us to do and focus on what it hasn't been able to do and that it doesn't look exactly as we desire it to. You will be amazed how your body will follow along with the conversations you have with it. Let this month be a transformation of the conversations you have about your body. This month spend a moment each day to reflect on all that your body IS doing, HAS done and WILL do for you. Jot it down to remind yourself that...

You Are Amazing!

Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	