

# 22 Day Optimist Challenge

practice-optimism.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-hour workout Veggie every meal Cold shower 5 min No technology 1-hour Read: 1 page of choice	1-hour workout Veggie every meal Cold shower 5 min Write 3 things grateful for Close eyes 5 min, just breathe	1-hour workout Veggie every meal Cold shower 5 min Warm bath Dessert of choice	1-hour workout Veggie every meal Cold shower 5 min Eat veggie you have never tried Family dinner, ask each person 3 questions	1-hour workout Veggie every meal Cold shower 5 min Lie down, close eyes, count to 100 Walk 20 min	1-hour workout Veggie every meal Cold shower 5 min Call a friend Read 1 article about healthy habits

<p>1-hour workout Veggie every meal Cold shower 5 min Chew every bite of food 20 times No technology for any meal</p>	<p>1-hour workout Veggie every meal Cold shower 5 min No technology 2-hours Read: 5 pages of choice</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Write 5 things you are grateful for Close eyes 8 min, just breathe</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Warm bath Dessert of choice</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Add spinach every meal Family dinner, give each person 3 compliments</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Lie down, close eyes, count to 150 Walk 30 min</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Turn phone off 1-hour Read: 1 page</p>
<p>1-hour workout Veggie every meal Cold shower 5 min Call friend Read 2 articles about healthy habits</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Chew every bite of food 20 times No technology for any meal</p>	<p>1-hour workout Veggie every meal Cold shower 5 min No technology 3 hours Read 10 pages of choice</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Write 8 things grateful for Close eyes 10 min, just breathe</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Warm bath Dessert of choice</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Drink 2 glasses of water, every meal Family dinner, 3 compliments each</p>	<p>1-hour workout Veggie every meal Cold shower 5 min Lie down, close eyes, count to 200 Walk 40 min</p>

1-hour workout Veggie every meal Cold shower 5 min Call friend Read 3 articles about healthy habits or download healthy habits app	1-hour workout Veggie every meal Cold shower 5 min Chew all food 20 times No technology during meals					
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## Practice Optimism’s 22 Day Optimist Challenge

An active body, healthy eating habits, and a focused mind all contribute to our overall health. The 22 Day Optimist Challenge targets all three of the above categories. If you are up for the challenge, you will experience progress physically, socially, and mentally.

Why 22 days?

“It takes 21 days to form a habit.” Research actually suggests it takes longer than 21 days to form a habit. Prove it to yourself that you can always do 1 more day. It was also my jersey number.

Instructions:

1. Complete all 5 tasks each day at any point in the day. Each day includes 1-hour workout, eat a veggie with every meal, and a cold shower for 5 minutes. Extra credit: drink 2 glasses of water every morning.
2. Suggested daily practice:
  - a. 1-hour workout in the morning
  - b. Cold shower in the morning
  - c. Tasks 4 and 5 in the afternoon/evening (ex. read before bed)
3. Share your progress online and tag @practice.optimism on Instagram or @practiceoptimism on Twitter.
4. Commit and have fun!