



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK THREE SCORECARD: Nourish Your Soul

	MON	TUE	WED	THU	FRI	SAT	SUN
Write down something that inspires you. 5pts	_____	_____	_____	_____	_____	_____	_____
Pause and celebrate a small victory. 5 pts	_____	_____	_____	_____	_____	_____	_____
Spend 1 hour doing something you love. 10 pts	_____	_____	_____	_____	_____	_____	_____
Make a list of 7 things for which you are grateful. 10 pts	_____	_____	_____	_____	_____	_____	_____
Enjoy a conversation with someone you love. 10 pts	_____	_____	_____	_____	_____	_____	_____
Learn something new. 15 pts	_____	_____	_____	_____	_____	_____	_____
Give! 15 pts	_____	_____	_____	_____	_____	_____	_____
DAILY TOTALS	_____	_____	_____	_____	_____	_____	_____

BONUS!

Share a passion project that you'd like to start: an idea or dream you have for yourself.

+20 pts _____