HOW THE CHALLENGE WORKS

1. Print it out!

2. On your computer or phone, click the day and it will bring you to the task for each dau.

		2011 229
MON	TUE	WED
Learn How to Meditate in 7 Days: Day 1 11:00	Learn How to Meditate in 7 Days: Day 2 10:41	Learn How to Meditate in 7 Days: Day 3 11:28
Morning Motivation	4-Minute Morning Meditation	Good Morning Gratitude Practice
2:00	4:41	10:52
Melting, Stress, Fear, and Anxiety	Lurning Sun er	Accepting Change
12:53	8:07	9:26
Believe in Yourself	Manifest Your Unlimited Potenial	Mountain Meditation
13:17	20:00	15:31
	Learn How to Meditate in 7 Days: Day 1 11:00 Morning Motivation 2:00 Melting, Stress, Fear, and Anxiety 12:53 Believe in Yourself	Learn How to Meditate in 7 Days: Day 1 Days: Day 2 11:00 10:41 Morning Motivation 4-Minute Morning Meditation 2:00 4:41 Melting, Stress, Fear, and Anxiety 12:53 8:07 Believe in Yourself Manife st Your Unlimited Poten ial

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SUN	Mon	TUE	WED	THU	FRI	5 \T
Download the Insight Timer app and save the playlist	Learn How to Meditate in 7 Days: Day 1 11:00	Learn How to Meditate in 7 Days: Day 2 10:41	Learn How to Meditate in 7 Days: Day 3	editate in 7.	Learn How to Meditate in 7 Days. Day 3	L arn How to Meditate in 7 Days: Day 6
Learn How to Meditate in 7 Days: Day 7	Morning Motivation	4-Minute Morning Meditation	Good Morning Gratitude Practice	Morning Meditation With Music	Morning Ritual	Morning Flow
12:56	2:00	4:41	10:52	10:28	10:02	17:37
Finding Calm and Serenity	Melting, Stress, Fear, and Anxiety	Lorning Surver	Accepting Change	Our Warring Self vs Our Infinite Self	Affirmations for Self Love	Gratitude Affirmations for the Body and Life
11:37	12:53	8:07	9:26	12:21	13:45	8:17
Setting Goals and Achieving Success	Believe in Yourself	Manifost Your Unlimiced Poten ial	Mountain Meditation	Running with the Wolves	Law of Attraction and Abundance	Law of Attraction and Giving Thanks
22:51	13:17	20:00	15:31	18:45	20:17	23:26

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3. Mark off the day with an "X" after you complete each task for the day.

4. Bring on the good vibes!



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SUN	MON	TUE	WED	THU	FRI	SAT
Download the Insight Timer app and save the playlist	Learn How to Meditate in 7 Days: Day 1 11:00	Learn How to Meditate in 7 Days: Day 2 10:41	Learn How to Meditate in 7 Days: Day 3 11:28	Learn How to Meditate in 7 Days: Day 4 11:56	Learn How to Meditate in 7 Days: Day 5 11:28	Learn How to Meditate in 7 Days: Day 6 11:44
Learn How to Meditate in 7 Days: Day 7	Morning Motivation	4-Minute Morning Meditation	Good Morning Gratitude Practice	Morning Meditation With Music	Morning Ritual	Morning Flow
12:56	2:00	4:41	10:52	10:28	10:02	17:37
Finding Calm and Serenity	Melting, Stress, Fear, and Anxiety	Learning to Surrender	Accepting Change	Our Warring Self vs Our Infinite Self	Affirmations for Self Love	Gratitude Affirmations for the Body and Life
11:37	12:53	8:07	9:26	12:21	13:45	8:17
Setting Goals and Achieving Success	Believe in Yourself	Manifest Your Unlimited Potential	Mountain Meditation	Running with the Wolves	Law of Attraction and Abundance	Law of Attraction and Giving Thanks
22:51	13:17	20:00	15:31	18:45	20:17	23:26

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