

Daily Yummy Checklist

The Invitation

Each Day watch our growth

Yum - 5 points

Yummier - 10 points

Yummiest 20- points

Total points for the day - 20 Week - 140

Lets Ask Permission & Allow Transformation to happen

The Reframe

I am curious

I am willing

I am allowing

— Meditation- (Mind Body Spirit Earth)

Yum-1 min to breathe deeply

Yummier- 5 min to calm & center

Yummiest- 10 min

— Movement- (Mind Body Spirit)

Yum- 10 minutes

Yummier- 15 minutes

Yummiest- 30 minutes

— Hydration - (Mind Body Spirit)

Yum- 3 glasses (8oz) water

Yummier- 5 glasses(8oz)

Yummiest- 8 glasses (8oz)

— Nourish- (Mind Body Spirit Earth)

Yum- I ate mindfully & slowly

Yummier- I ate (1) vegie meal today

Yummiest- I ate (3) plant based all day

— Being- (Mind Body Spirit Earth)

Yum- I recycled all of my trash

Yummier- I recycled & reduced water

(5 min shower tap off while brushing teeth

Yummiest- I did all three plus I didn't use plastic today

TOTAL YUMMY POINTS_____



14 DAY EXTRA YUM CHALLENGE

Each Day watch our growth

Yum - 5 points - I was curious.

Yummier - 10 points- I tried & didn't quite make it

Yummiest 20- points - I did it!!!

Total extra points for the day - 20 Week - 140

Lets Ask Permission & Allow Transformation to happen

The Reframe

I am curious

I am willing

I am allowing

— Day 1

Today I will not raise my voice in anger.

— Day 2

I will Hug or touch at least 3 people

— Day 3

I will not buy anything.

— Day 4

I will not watch or read any news.

— Day 5

I will limit social media to 1 hour total today

— Day 6

I will attempt a 1 minute plank

— Day 7

I will Integrate
all 6 Challenges Today

TOTAL YUMMY XTRA POINTS_____



14 DAY EXTRA YUM CHALLENGE

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Yummier - 10 points- I tried & didn't quite make it

Yummiest 20- points - I did it!!!

Total points for the day - 20 Week - 140

Lets Ask Permission & Allow Transformation to happen

The Reframe

I am curious

I am willing

I am allowing

Day 8

I will not speak badly of anyone public or private.

Day 9

I will self pleasure (any level)

Day 10

I will organize one section of my closet or one drawer.

Day 11

I will seek out 1 opposing point of view from my own & read or listen to understand their point.

Day 12

I will not go on social media today

Day 13

I will attempt a 2 min wall squat hold

Day 14

I will integrate
all 6 Challenges from this week
Today

TOTAL YUMMY XTRA POINTS_____

