



WELCOME TO MY JULY CHALLENGE!

I'm excited for you to join me this month in creating new habits and challenging ourselves. This month I plan on doing this right along with you and providing you tips, tricks, and encouragement.

Be sure to join my Facebook group so I can do this challenge with you and provide you my tips to strive this month! You can join [HERE!](#)

THIS MONTH YOU WILL BE DOING THE FOLLOWING:



MAKING YOUR BED



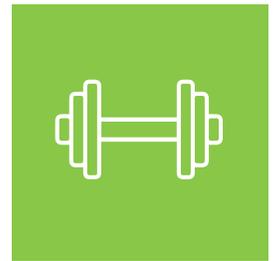
COLD SHOWER



MEDITATE OR PRAY

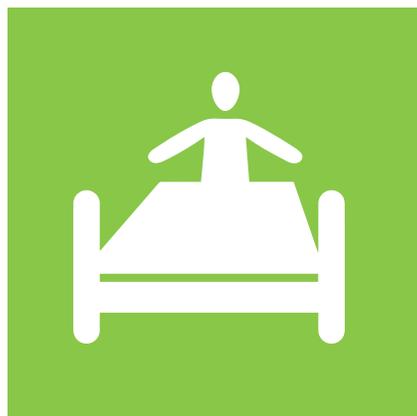


GRATITUDE JOURNAL



10,000 REPS

***I KNOW, I KNOW, THAT MIGHT LOOK INTIMIDATING.
BUT I HAVE GOOD REASONS FOR EACH OF
THESE THINGS. LET ME EXPLAIN...***



MAKING YOUR BED:

There was a speech given by Admiral William H. McRaven that went viral in 2014. I highly recommend [checking it out](#). In a nutshell, Admiral McRaven talks about how making your bed, though a simple mundane task, sets you up for success throughout your day. By completing this one simple task, you have already set yourself up for completing other tasks during the day. And by doing this small task, it shows you the importance of small tasks. He says that if you cannot complete one small task, you are less likely to complete the larger tasks. So by making your bed during July, we are setting ourselves up to complete the other tasks in this challenge. Plus, who doesn't love getting into a made bed at night? There is something satisfying about that.

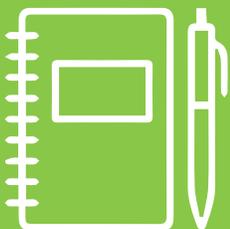


COLD SHOWER:

I know, I know, “Drew! Cold showers?! WHY?!” There are many benefits to taking a brief cold shower. And all I am asking is that you stand in a cold shower for just 60 seconds. You can do this at the start of your shower or the end, it’s up to you. But the reason I have you do this is so you develop mental toughness. Standing in a cold shower helps you realize that you can do anything for at least 60 seconds. Plus, cold showers can also help improve blood circulation, boost your immune system, and speed up the recovery process from exercise.

MEDITATE OR PRAY:

Meditation is something I discovered a few years ago and is now something I recommend everyone do. It helped me through some tough times and taught me the importance of being present. If you’re totally new to this, you can download a free app that teaches you how to meditate with guided meditations. I suggest either Headspace, Calm, or Insight Timer. All these apps are great and easy to use. Meditation has been shown to dramatically reduce stress. And let’s be real, we all have stress, especially in 2020. Whether you meditate or pray, whatever it might look like for you, for the month of July I want you to take 5-10 minutes a day to pause. Meditate, pray, just be. Even if you are eating healthy food and you’re exercising every day, if you’re not managing your stress you’re not going to see the results that you want to see.



GRATITUDE JOURNAL:

This month I want you to sit down (preferably after meditating, but you can do it whenever best suits your day.) and write out 3-5 things you are grateful for each day. It’s so easy to feel we don’t have enough - not enough time, money, shoes, love, friendship, attention. It’s like we’re all just trying to get through a really stressful week, but every week is like that. We can get caught on a hamster wheel running from one thing to the next and never looking at what we’ve already got. You can change your perception and if you change your perception you can change your story. If you change your story you can change your happiness. I believe that 100%. The more we practice gratitude, the easier it is to look at things throughout the day and have a positive outlook.

10,000 REPS:

Yes, I know how intimidating that number looks. But let me break it down for you. This month I really want everyone, myself included, to push ourselves. And yes, 10,000 reps looks impossible, but let’s change how we look at that. 10,000 reps over 31 days (the amount of days in the month of July) is just 323 reps a day. If you are up 16 hours a day that is only 20 reps an hour, with 23 reps the first hour. Basically, you just have to stand up each hour and pump out some squats, push ups, lunges, kettlebell swings, burpees, jumping jacks, mountain climbers, crunches, whatever it is you choose to do! You can choose the movement you would like to complete, just be sure it is something you can do when at work or on your lunch break. You don’t HAVE to do 20 reps an hour, you can break it up to 101 in the morning, 101 on your lunch break, 101 at night. How you break it up is up to you. But I have also included a rep tracker to help you keep track. Plus, it will feel super satisfying to mark off as you complete your reps! Just remember, you CAN do hard things!

