
21-Day Challenge Template

Challenge Overview

Goal:

[Write down your specific goal you want to achieve in the next 21 days.]

Start Date:

[Enter your start date.]

End Date:

[Enter your end date.]

Pre-Challenge Reflection

What are the ten most important lessons you have learned about yourself in the last twelve months?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What is the #1 goal that you must achieve within the next three months?

[Clearly define your primary goal.]

Why is achieving this goal so important to you?

[Reflect on your motivations and reasons for this goal.]

Purpose Matrix

Benefits, Pleasures, and Rewards of Achieving Your Goal

For Me

- 1.
- 2.
- 3.
- 4.
- 5.

For Others

- 1.
- 2.
- 3.
- 4.
- 5.

Pain, Disappointments, and Consequences of Failing to Achieve Your Goal

For Me

- 1.
- 2.
- 3.
- 4.
- 5.

For Others

- 1.
- 2.
- 3.
- 4.
- 5.

How will a Morning Ritual help you achieve your #1 goal?



Daily Commitment

Daily Morning Ritual (Customize to your preference):

1. **Wake Up Time:** [e.g., 5:51 a.m.]

2. **Activities:**
 - [Activity 1: e.g., Drink lemon water (1 min)]

 - [Activity 2: e.g., Cold shower with affirmation (5 mins)]

 - [Activity 3: e.g., Morning stretches or exercise (10 mins)]

 - [Activity 4: e.g., Meditation (10 mins)]

 - [Activity 5: e.g., Journal gratitude and intentions (10 mins)]

Total Duration: [Total time for all activities]

Incentives

Daily Reward for Completing Morning Ritual:

[What will you treat yourself to if you complete your morning ritual?]

Daily Punishment for Not Completing Morning Ritual:

[What will you give up or change if you skip your morning ritual?]

Big Reward for Completing 21 Days:

[What is your major reward for successfully completing the challenge?]

Big Punishment for Not Completing 21 Days:

[What will be your consequence if you don't complete the challenge?]

- **Who will be your Success Partner?**

- **Who are the people that you need to spend less time with?**

- **How are you going to make it easier for you to wake up at the time you promised yourself?**

- **How are you going to design your environment to make it easier for you to do your new Morning Ritual?**

- **How are you going to make it easier for you to measure and evaluate your progress during the 21-Day Challenge?**

- **How are you going to deal with unplanned setbacks during the 21-Day Challenge?**

- **How are you going to turn bad days into good data?**



Progress Tracker

Day **Completed Morning Ritual (Yes/No)**

Notes/Reflections

1

2

3

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21



Final Reflection

At the end of the 21 days, take some time to reflect on your journey:

- **What did I learn about myself?**
- **How did I change during this challenge?**
- **What will I carry forward beyond these 21 days?**
- **What are my next steps?**

Feel free to customize this template further to fit your style and goals! Enjoy your 21-Day Challenge!