



ROCK / CREEK

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# FIND YOUR PEACE

“If you cannot find peace within yourself, you will never find it anywhere else.”

— Marvin Gaye

## 21 Day Challenge Workbook

### Mission

To stand united in learning how to restore our inner peace through intentional reflection, personal adventure, and betterment of self.

### Challenge

Your 21 day challenge will be chosen by YOU. There will be an overall goal with weekly and daily check-ins to help you work towards your goal. A new habit takes less than 21 days to form. Create ONE challenge that you can focus on for 21 days in hopes of creating a new habit. You can repeat the challenge at a later time if you want to accomplish another item on your list.

Step 1: Create Your Peace (create your 21 day challenge)

Step 2: Find Your Peace (daily and weekly goals)

Step 3: Share Your Peace (continue this journey and share to inspire others to do the same)

## Day 1 (create and start your 21 day challenge)

### STEP 1: Create Your Peace

Grab a notebook and answer the following questions...

1. Envision your future self, the best version of that person. How do they live and what are the habits that make it possible?
2. What is something you would like to do if you had more time?
3. What is something that nags at you in the back of your mind? (I need to get this done and I will be less stressed)
4. What is an activity that brings you joy?
5. What is something that makes you feel healthier when you do it?
6. What is your definition of “an active, fulfilling life?”
7. What is something you would like to commit to doing for the next 21 days?

### Examples

Read a new book or listen to an audio book

Sit in a hammock

Get 8 hours of sleep

Drink more water (daily recommendation is half your body weight in fluid ounces)

Write in a journal

Learn to do something new

Call someone new every day and ask them about their day

Learn to meditate or practice meditation (see below)

Put Video Games away and replace that time with something outdoors

I will not complain about how I feel or what I feel guilty about

I will finish the task I have been putting off for years

Eat at home/pack a lunch

**The most important part is to set your intention and make it happen. Make it difficult to have excuses.**

What is your 21 day challenge? \_\_\_\_\_

What can you do ahead of time, to prevent talking yourself out of doing this each day? Eliminate excuses ahead of time.

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Ex: Lay out workout clothes and shoes by bed and put them on first thing in the morning, pack your lunch for the next day before going to bed, make a to-do list

## Step 2: Find Your Peace

Work on your challenge every day along with the daily and weekly inventory below

### Daily Inventory:

**Answer these 4 questions every day for 21 days in a notebook or chart below.**

1. Today I woke up feeling: \_\_\_\_\_

Ex. tired, energized, hung over, excited, annoyed, fired up

2. First thought of the day was: \_\_\_\_\_

Ex. I'm still tired, I'm ready for coffee, 5 more minutes, I can't stand self-reflection

3. Daily Focus Word or Phrase: (a distraction from thoughts in your head)

\_\_\_\_\_

Ex. Today is a Great Day! You're a Badass, Just keep moving

4. Action to Change/Eliminate excuses:

\_\_\_\_\_

Ex. 5 more minutes, then coffee for a great day! Wake up 10 minutes earlier, Go to bed 1 hour earlier, No excuses, just do it

Question	Sunday	Monday	Tuesday	Wed	Thurs	Friday	Saturday
Today I woke up feeling							
First thought of the day was							
Daily Focus Word/Phrase							
Action of Change/Eliminate excuse by:							

“You cannot find peace by avoiding life.”

– **Michael Cunningham, The Hours**

**Weekly Inventory:** In your notebook complete the following exercises.

**Days 1-7:**

1. Make two columns: things you can control/things you can't control. Add to this throughout the week as they come to you.

Ex. Can't Control- bills/ Can Control- saving money by eating at home more

2. What is your comfort zone? What is something new you want to try that's not in your comfort zone?

Ex. Comfort Zone: Looking at social media/ Out of Comfort Zone: Doing a word search

3. What do you consider to be your strengths? What do others say you are good at doing?

Ex. I am a good cook/ others say I am a hard worker

**Days 8-14:**

Eliminate something from your daily routine that is not great for you. (reduce caffeine intake, fast food, alcohol, sugar, gossip) Write this down in your notebook and do this for the next 7 days.

**Days 15-21:**

Practice healthy sleep patterns- Goal is 8 hours of sleep every night this week. In your notebook write down bedtime and wake up time. In your daily inventory, notice if your answers are different from before.

Ex. Bed 9pm/Woke 7am, took me a long time to fall asleep or woke up feeling refreshed

**Day 21 - beyond (continue this journey and inspire others)**

**Step 3: Share Your Goal**

We can't change other people and often can't change our own circumstances, but we can control how we react to others and our circumstances. Healthy living is a way of life. It won't always be perfect but you can stay the course. You can write your own path. Your future is not your past.

List ways you can share your Peace with others:

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Ex. pay it forward by doing nice gestures for others

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.”

– **Benjamin Franklin**

## **New things to try!**

Meditation: No right or wrong way of doing this, you can even download an app for guided meditation. Find a quiet spot-outside in a hammock, in your closet, quiet place inside or outside. Sit comfortably, close your eyes, and just take some slow breaths. You don't even have to think about anything or use this time to think while you are alone.

Beginners: Set a time for 1-5 minutes

Yoga for beginners: Download a free app called Simply Yoga that will walk you through a 20, 40, or 60 minute basic yoga class for stretching and gentle moving

Running: Consider trying Project 90, a 90 day online running program that will guide you each step of the way from a 5K to a Marathon distance. Visit [goproject90.com](http://goproject90.com) for more details.

Stay tuned on our website and social media for updates on our next challenge and for any additional material.

**Show us what you're doing! Tag @gearheadoutfitters and use hashtag #GOfindyourpeace on your peace challenge photos!**