



Loving Thought 600 Challenge

Updated 28 July 22

So you have done the Workshop, you have the Toolbox and now its time to earn the sweat-shirt! You have 60 days over the next 2 months to earn 600 Loving Rest Points.

Why:

- 1. So that you can do the things you Love for Longer
- 2. Knowledge Is NOT Power. Knowledge put into Action is Power
- 3. Because its fun to change things up and create new beneficial habits.

Who:

- a. Who are the 3 people or groups (other than your Future Self) that will be most positively impacted by you having more energy and being more focussed and feeling more upbeat?
- b. What can they do more of/be more of when your thought-life is more positive?

| 1a | | 1b |
|-----------|------------------|-----|
| 2a. | | 2b. |
| а. За. | | 3b. |
| 4a. | Your Future Self | 4b |

<u>How</u>

You earn points as follows:

Every Day earn 20 points or over for completing:

10 points – 2 minutes of meditation – breath or other.

15 points – 4 minutes + of meditation -

5 points – Researching a new meditation online / watching something motivational/uplifting (motivational hub or similar)

5 points – writing in scheduler/diary or similar - 3 things grateful for now/ 3 things you did today you are pleased with/ 3 things you are grateful to achieve tomorrow

- -10 points did someone a disservice without making amends/smoothing the waters!
- -5 points consumed more than 1 hour of TV news and online/phone news/social media.

Example: I get up and do 2 minutes breath meditation (+10) and during the day research a new guided meditation on YouTube(+5). I feel a bit flat so watch John Cleese's Laughter Yoga and feel uplifted (good but no extra points, already got 5). Before bed I do 2 minutes of the new meditation I learned (+5 points for 4+ minutes of total meditation) and I didn't watch any news or social media or fall out with anyone without making up. Total = 20 points

So I enter 20 in my tracker. I keep a running total of my points and of the number of days of 20 and above pts. I have 60 days to accrue 600 points with a minimum of 30 days at 20 or over.

There is a certificate for anyone who completes 30 days of 20 points or over and a thought enhancing prize for the most points collected over the 60 days between all participants.

Once you have Registered via our <u>Private Facebook Group</u> (<u>click here</u>) for your first challenge you will receive your "Loving Life Chiropractic 600 Challenge" T-Shirt. Once you have successfully completed all 4 challenges you will earn yourself your "My Body is a Temple" sweatshirt! Details to follow.

Loving Thought 600 Challenge Tracker - 1 of 2

| | | | Medita | ation | | Grati | Resen | News/ | | | | |
|----|-----|------|--------|-------|--------|--------|--------|---------------|--------|------------------|-------------|---------|
| | | | | | | tude | tment | Social Med | | | | |
| | | | 2 | 4+ | Resrch | 3 | No | 1hr + | | | | |
| | | | mins | mins | Med | things | amends | | | | | |
| # | Day | Date | 10 | +5 | +5 | +5 | -10 | -5 | Total | Running Total | Over | Remarks |
| | | | pts | pts | pts | Pts | | pts | points | lotal | 20 pts # | |
| 1 | | | | | | | | | | | # | |
| 2 | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | |
| 24 | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | |

<u>Loving Rest 600 Challenge Tracker – 2 of 2</u>

| | | | Sleep | | Phone | | Eating | | | | | | |
|----|-----|------|-----------|-----------|------------|----------|-----------|----------|-----------|--------------|------------------|------------------|---------|
| | | | 7- 8hr | 8+hr | >5hrs | 1 hr | 2 hr | 1hr | 2hr | | | | |
| # | Day | Date | 10 pts | 15 pts | -10 pts | 5 pts | 10 pts | 5 pts | 10 pts | Total points | Running Total | Over 20 pts # | Remarks |
| 31 | | | | | | | | | | | | | |
| 32 | | | | | | | | | | | | | |
| 33 | | | | | | | | | | | | | |
| 34 | | | | | | | | | | | | | |
| 35 | | | | | | | | | | | | | |
| 36 | | | | | | | | | | | | | |
| 37 | | | | | | | | | | | | | |
| 38 | | | | | | | | | | | | | |
| 39 | | | | | | | | | | | | | |
| 40 | | | | | | | | | | | | | |
| 41 | | | | | | | | | | | | | |
| 42 | | | | | | | | | | | | | |
| 43 | | | | | | | | | | | | | |
| 44 | | | | | | | | | | | | | |
| 45 | | | | | | | | | | | | | |
| 46 | | | | | | | | | | | | | |
| 47 | | | | | | | | | | | | | |
| 48 | | | | | | | | | | | | | |
| 49 | | | | | | | | | | | | | |
| 50 | | | | | | | | | | | | | |
| 51 | | | | | | | | | | | | | |
| 52 | | | | | | | | | | | | | |
| 53 | | | | | | | | | | | | | |
| 54 | | | | | | | | | | | | | |
| 55 | | | | | | | | | | | | | |
| 56 | | | | | | | | | | | | | |
| 57 | | | | | | | | | | | | | |
| 58 | | | | | | | | | | | | | |
| 59 | | | | | | | | | | | | | |
| 60 | | | | | | | | | | | | | |