

21-DAY CHALLENGE

A commitment to yourself and a 21-day challenge can help you create a new habit. New habits can increase happiness, peace, success, joy and health in your life. I invite you to challenge yourself. Do you have a hoop goal or intention?

FIRSTLY, FEEL WHAT YOUR HEART LONGS FOR.

Do you want to feel more confident? Do you want to give yourself playtime? Do you want to improve certain tricks? Do you want to find peace of mind? Or is there something else?

DESCRIBE YOUR INTENTION FOR THE UPCOMING 21 DAYS:

In order to focus on that intention we are going to formulate a daily challenge. What kind of challenge is up to you because it is connected to your intention. What I can do, is give you some examples to serve as inspiration:

EXAMPLES OF CHALLENGES:

- ♥ My intention is to feel more confident on camera, so I'll make one video a day of me hooping for three minutes.
- ♥ My intention is to find peace of mind, so I'll finish each day with a five-minute hoop meditation. I will choose one trick and do this for five minutes straight while focusing on my breath.
- ♥ My intention is to improve hoop dancing with my non-dominant hand, so I'll dance with just my non-dominant hand for half an hour a day.
- ♥ My intention is to find my own flow, so I'll hoop blindfolded for 15 minutes a day. I won't focus on skills, I will focus on feeling my body, the music and the hoop.
- ♥ My intention is to connect to nature, so I'll dance outside for one hour a day.

Choose one of the ideas above or make up your own challenge. Make sure it works for you and that it's feasible. Put a measurable period of time in your goal; this will keep you motivated. It doesn't matter if your goal is to hoop for one minute or one hour, what matters is that you show up every day. At some point during these 21 days, you will feel resistance. You'll think: "NAH, I'LL SKIP TODAY'S CHALLENGE, I'M TIRED." This resistance is quite normal and actually a good thing because it shows you that there is growth at the other end. Think back to the reason you started this challenge and show up!

DESCRIBE YOUR CHALLENGE

COLOR THE CIRCLE IF YOU REACHED
YOUR GOAL FOR THE DAY.

TIP: make
copies of
these pages
if you want
to do this
challenge
multiple
times.

DAY 1.

DAY 2.

DAY 3.

DAY 4.

DAY 5.

DAY 6.

DAY 7.

DAY 8.

DAY 9.

DAY 10.

DAY 11.

DAY 12.

DAY 13.

DAY 14.

DAY 15.

DAY 16.

DAY 17.

DAY 18.

DAY 19.

DAY 20.

DAY 21.

How do you feel after these 21 days? Reflect on the challenge.
Did you improve yourself? Did you fulfill your desire?
What did you like about the challenge? What was difficult?

Life is a never-ending circle, so after finishing your challenge
you might want to start a new one. It is up to you whether
you repeat your original challenge, or start something new.
Pick up that hoop again and enjoy!