

23 For Divine Me

28-DAY HEALTH CHALLENGE



What Is 23 for Divine Me?

The short answer is that it's a health challenge for 2023 taken one month at a time.

I decided that 2023 would be my year to really take my health—mind, body, and spirit—into my own hands. For too long I have let anxiety and excuses keep me from embracing my healthy divine self. Not anymore.

I chose to focus on health and not fitness because I want to feel good in my mind, body, and spirit, not just look good in my jeans.

I am inviting anyone who wants to join me on this journey to take this challenge one month at a time, because "step by step" really works. Let's not get overwhelmed thinking of an entire year. Let's just focus on the next 28 days (4 weeks).

Ready? I sure am. Let's do this!



Challenge Guidelines

Mind

Read 10 Pages of Any Book Daily

Practice Daily Gratitude with a Gratitude Journal

Body

Exercise Daily—at Least 15 Minutes

Drink One Gallon of Water Daily

Practice Food Mindfulness—Make a Food Goal and Stick to It

Spirit

Meditate Daily—at Least 5 Minutes

Create and Follow a Daily Spiritual Practice

Plus

Take Four (5) Progress Photos

See details and ideas for each challenge after Challenge Tracker.



Daily 23 for Divine Me Challenge Tracker

WEEK 1

DAY 1

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal
- Take progress photo

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 2

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 3

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 4

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 5

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 6

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 7

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

WEEK 2

DAY 8

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

- Take progress photo

DAY 9

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 10

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 11

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 12

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 13

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 14

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

WEEK 3

DAY 15

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

- Take progress photo

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 16

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 17

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 18

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 19

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 20

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 21

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

WEEK 4

DAY 22

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal
- Take progress photo

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 23

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 24

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 25

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 26

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 27

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

DAY 28

MIND

- Read 10 pages of any book.
- Keep daily gratitude journal

BODY

- Exercise—at least 15 min.
- Drink one gallon of water
- Keep food mindfulness goal

SPIRIT

- Do daily spiritual practice.
- Meditate—at least 5 min.

LAST PROGRESS PHOTO

- Take progress photo

How are you doing? I'd love to hear your experience. Send me a message at DauntlessDivine.com/contact or share on social with #23fordivineme.



The Details

Read 10 Pages of Any Book Daily

Seriously, read any book. But you must love what you're reading. If you are not in love with your book—i.e., you find it boring—put the book down and find something that you do love. Maybe even re-read your favorite book.

Here are a few of my favorite books you might enjoy:

- *The False Prince* by Jennifer A. Nielsen
- *The Unwanteds* by Lisa McMann
- *Designed to Last* by Ashley and Dina Petrone
- *Magnolia* by Chip and Joanna Gaines
- *Children of Blood and Bone* by Tomi Adeyemi
- *The War that Saved by Life* by Kimberly Brubaker Bradley
- *Jane Eyre* by Charlotte Bronte
- *Beauty: A Retelling of Beauty and the Beast* by Robin McKinley



Practice Daily Gratitude with a Gratitude Journal

Gratitude is great for mental health. It's actually healing to mind, body, and spirit since they are all connected. But why mind? Because it creates positivity and a better outlook on life. It can also be a form of manifesting.



To practice daily gratitude with a journal, use any notebook. (It doesn't have to be anything fancy.) Then write things you are grateful for.

There's a simple formula I like to use because it helps me feel the gratitude as I write:

I am thankful for _____ because _____.

Things you are grateful for could be:

- Family, health, friends, the sun
- An experience: vacation, seeing a friend, talking to sibling
- Abilities: to see, hear, listen, participate, walk
- Books read, opportunities, successes/wins
- Opportunities for growth, learning

Start with writing five things you are grateful for each day. Then as you become more comfortable with the practice, you can increase to ten.

And remember, to truly see the benefits of gratitude journaling, this needs to be a daily practice.

Exercise daily—at Least 15 Minutes

It's no secret that moving the body daily is essential for health. But you don't have to sweat for hours to benefit. You may not have an hour to dedicate to exercise each day, but I bet you can find 15 minutes to move a little.

What to do? Try:

- Yoga
- Weightlifting
- Running
- Walking
- Dancing
- Swimming
- Cycling
- HIIT



You choose the mode of exercise. I hope it's something you enjoy doing because it will encourage you to keep coming back to it. Also, you don't have to do the same thing every day. Feel free to mix it up.

If you're stumped, check out some workout videos on YouTube or join one of my online Divine Yoga classes at divineyoga.uscreen.io.

Drink One Gallon of Water Daily

Get that water in! You'll find that as you focus on getting your water intake in everyday, you'll start feeling a ton better. Water is life.

Ideas for getting in the water:



- Buy a gallon of spring water. When you finish drinking the gallon, fill it up and drink from it daily to keep you on track.
- Buy a gallon water bottle and do the same as above. I used this one from [Blogilates](#) and love it.
- Fill up enough Stanley or other mugs to equal a gallon and make sure you empty out each mug daily.

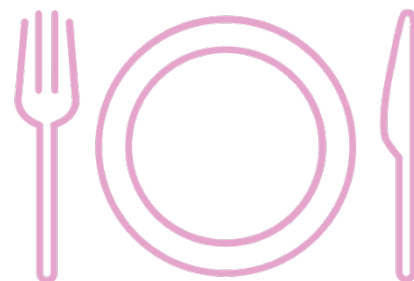
Practice Food Mindfulness—Make a Food Goal and Stick to It

When dieting, trying to lose weight, or focusing on our health, we tend to have a love/hate relationship with food. I think a major reason is because we try to make a bunch of changes all at once that become overwhelming. Let's practice food mindfulness by being intentional about what we put in our bodies, but with a goal that doesn't cause anxiety.

Make one goal, just one, and focus on that throughout your 28-day challenge.

Here are a few ideas:

- When eating out, consider healthier options. Get a salad, or get smaller portions.
- Try intuitive eating. You can learn more here: <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>
- Eliminate a certain food you know doesn't help your health goals (options could include soda, baked goods, salty foods, etc.)
- Make a goal to not eat after a certain time of the day.



Consider what you would like to work on and write your goal below.

Food goal:

Meditate Daily—At Least 5 Minutes

Meditation is a powerful tool that a lot of great minds practice consistently. Meditation allows us to quiet the mind and bring our attention back to the present. It is a great tool for mental health, including calming anxiety.

Ideas for meditating:



- Find a quiet place and sit in silence. If a thought enters your mind, notice it without judgement, and let it pass.
- Either sit in a comfortable seated position with your hands on your knees and your torso over your hips, or lay down on your back.
- Enjoy the stillness, focusing on your breath, an affirmation, mantra, or voice of a guided meditation.
- Pray—Prayer is a wonderful form of meditation as it brings stillness to your body, helps you connect to your spirit and to God, and puts thoughts into perspective.
- Check out these channels on YouTube for guided meditations:
 - @GreatMeditation
 - @NewHorizonHolisticCentre
 - @jasonstephensonmeditation
- Also look up
 - Sa Ta Na Ma meditation
 - Sound healing meditations

Create and Follow a Daily Spiritual Practice

A spiritual practice is personal and all about you and your relationship with yourself and with God. Create a daily habit of connecting with your spirit and you will see amazing things happen in your life, including peace, less anxiety, manifesting, and greater love for yourself.

The length of your spiritual practice doesn't matter. It can be one, five, ten, or fifteen minutes. It all depends on what you choose and how you want to practice.



Not sure where to start with your spiritual practice? Here are a few ideas:

- Pray
- Read scriptures
- Read content from your spiritual leader(s)
- Attend a daily devotional (there are some online and streaming)
- Journal
- Practice chakra healing

Consider what you would like to work on and write your goal below.

Food goal:

Take Five (5) Progress Photos

These are to track your progress. Take a photo the day you start the challenge and one at the beginning of each new week. You'll take your last photo the day after the challenge ends.

Ready to get healthy and make "23 for Divine Me" or you?

You got this. I promise!

I'd love to hear about your experience. Send me a message at DauntlessDivine.com/contact or share on social with [#23fordivineme](https://twitter.com/23fordivineme).