

challenge

song: **You Can Make It If You Try – Sly & The Family Stone**

week #17

challenge (verb: do it)

- To arouse or stimulate by presenting with difficulties
- To confront or defy boldly: DARE
- To call out to duel, combat, or competition

arouse assert, call out, confront, cross, dare, defy, demand, dispute, impose, inquire, invite, stimulate, test, try, vindicate

Embrace each challenge as potential to reach higher ground. Without challenge you could not revel in glorious victories, or understand the heartache of defeat.

“People seek a challenge just as fire seeks to flame.”

-Chinese Proverb

Your challenges only exist through the intention they need to present themselves. Today, as you run from your meeting to get to class on time, As you haul 5 bags of groceries up the stairs, take the test or run the race... As you travel to a place you've never seen, wait patiently for the phone call, and When you look into your opponent's eyes taking a step closer...

Approach with strength, courage and optimistic faith.
Know that you can. Do your best.
*This world has been created for you.
You can do anything. You are enough.*

When we walk to the edge of all the light you have and take the step into the darkness of the unknown, you must believe that one of two things will happen: There will be something solid for us to stand upon, or we will be taught to fly.”

Patrick Overton, Faith

ACTION: Challenge yourself to a 1-week detox. This week, refrain from drinking alcohol, caffeine, and eating foods with white flour and sugar. These are all toxins that tempt the stability and vitality of your physical bodies. Keep a journal and write down the feelings you have experienced during your detox. Keep this journal for future reference. Next time, someone or something EXTERNAL challenges your stability, look back at your journal and compare the feelings you've experienced during both times of contest and content.



When practicing your Functional Lunge, develop your grace with each step. Use strength and self-control to land without a sound.

April Color: Cayenne

The color for the month of April is Cayenne. This courageous shade provides strength in competitive situations.

- Vitalizing
- Envisioning
- Testing

April Chakra: Root

The root chakra is vital to your physical health. When balanced, the 1st chakra helps you find conviction during times of contest.