

#FULLYCHARGED

21-Day Challenge

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Ya gotta Maslow before you can Bloom!

If you woke up this morning, you are here for a reason and that reason is to make a positive impact!

Every morning, we wake up with a rechargeable battery...our brain. Our recent choices regarding sleep, food, exercise, reflection, stress management, and social connections, strongly influence how charged up we are.

Some of us wake up **drained**! UGH! When we're drained, it's difficult to make a positive impact.

This challenge is designed to strengthen, encourage, and charge up your own battery, so you have the cognitive capacity that fuels success. Only then can you increase capacity in others.

Performance success is largely determined by our positive mental health, which triggers a powerful chemical reaction in our brain. When we have proper levels of dopamine, serotonin, oxytocin, gaba, and endorphins, we greatly increase the likelihood that our brain and body will have the capacity to fire on all cylinders.

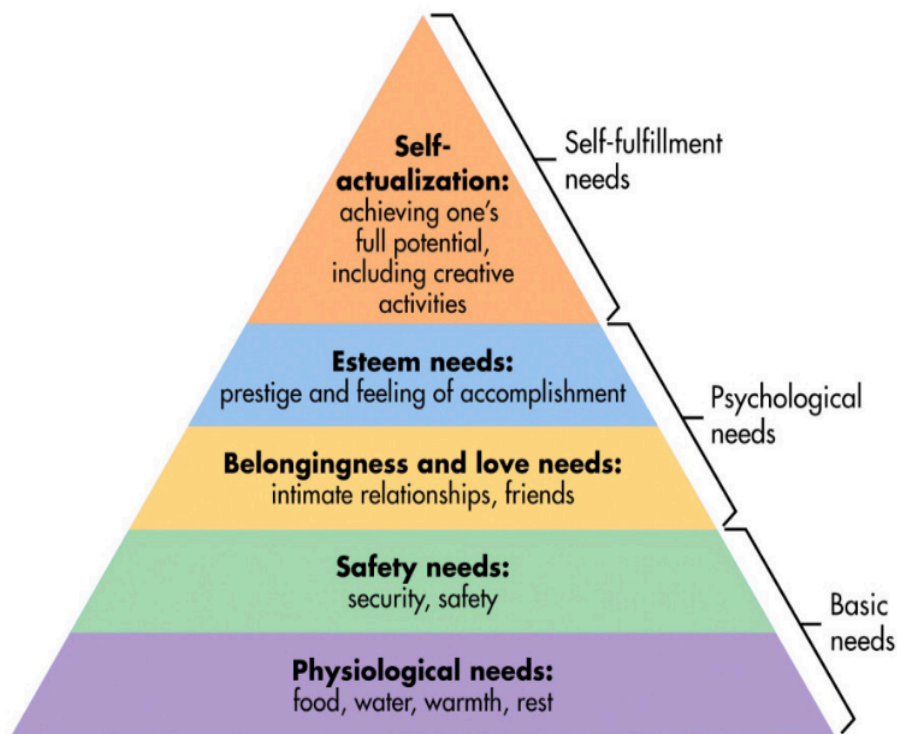
This capacity increases our ability to demonstrate the 5 Cs of Leadership: competence, confidence, creativity, critical thinking, and compassion.

We need these 5 Cs to reach our full potential and positively impact others.

This 21-Day Challenge is designed to positively strengthen and stimulate your mind to create the chemical reactions in your brain and body that catapults you to success.

First, focus on addressing your Maslow needs (physiological, relational, esteem) throughout these 21 days:

Maslow's Hierarchy of Needs



Plant the **#FULLYCHARGED S.E.E.D.S.** for success each day.

These are the foundational practices that increase your battery charge and your commitment to mental health and wellness in our fast-paced, stressful environment:

#FULLYCHARGED S.E.E.D.S. for SUCCESS

- 1) **SLEEP:** Young brains under 25 need 9-13 hours each night. Healthy, mature brains need 7-8. Develop healthy sleep routines to allow for adequate rest.
- 2) **EXERCISE:** Engage in moderate exercise for 20 minutes (at least) each day. A brisk walk works wonders!
- 3) **EFFICACY:** Build knowledge and skills. Choose one skill, whether it's how to improve conflict resolution, solve linear equations, or increase leadership capacity, and watch, read, and listen to everything you can about that skill for a few weeks to grow your efficacy.
- 4) **DIET:** Everything you consume impacts your success: visually, auditorily, lingually, dermally. Drink $\frac{1}{2}$ your body weight in oz. in water. Consume unprocessed, organic foods for at least $\frac{1}{2}$ your diet. Complete 10-12 hour digital detox daily. Replace chemical filled deodorant and soap products with organic, essential oil based products. Do your research.
- 5) **SOCIALIZE:** Trigger smiles in at least 3 strangers/acquaintances each day. Compliment. Encourage. Connect.

Consistently implement these 5 daily practices each of the 21 days, as they make a HUGE difference in your battery charge. You can't reap a healthy harvest without planting healthy S.E.E.D.S!

Need a few relaxing and positive hardcopy book suggestions? Check these out:

Chop Wood, Carry Water, Joshua Medcalf

If Life is a Bowl of Cherries, What am I Doing in the Pits? Erma Bombeck

The Happiness Advantage, Shawn Achor

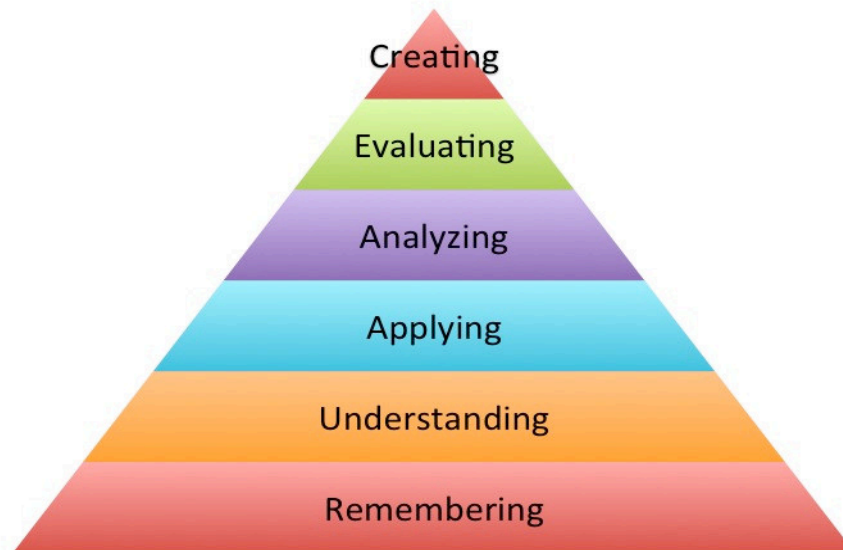
Think, Learn, Succeed, Caroline Leaf

The Power of Positive Leadership, Jon Gordon

Brain Rules, John Medina

Next, flex your cognitive muscles by completing our daily critical thinking challenges. These activities combine the different levels of critical thinking identified in Bloom's Taxonomy, which further increase your Maslow's sense of security and control, belongingness, and self-esteem to fulfill your potential and complete the battery charging process.

The New Version of Bloom's Taxonomy



Increase collegiality and take this challenge with your colleagues, team, students, friends or family, and share your thoughts on a bulletin board, in a group chat, or on Twitter using the #FULLYCHARGED hashtag.

Get ready...get set...get #FULLYCHARGED

Day 1:

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
William Arthur Ward

#FULLYCHARGED CHALLENGE-Attitude of Gratitude

Send four grateful email/text messages to two people in your personal life and two in your professional life. Why did you choose these four people? Make note of how you feel to send and receive their responses.

Day 2:

*We must not, in trying to think about how we can make a big difference,
ignore the small daily differences we can make which, over time,
add up to big differences that we often cannot foresee.*
Marian Wright Edelman

#FULLYCHARGED CHALLENGE-Make Your Bed!

Make your bed, then watch Admiral William McRaven's commencement speech "Change the World by Making Your Bed." Watch the nineteen-minute version and jot down his ten lessons learned that can positively change the world. Which one can you immediately apply?

Day 3:

The more you learn, the more you earn.
Warren Buffet

#FULLYCHARGED CHALLENGE-Read & Write

Read a non-fiction article of your choice and complete a 3-2-1 *Critical Thinking Response* (write 3 ideas learned, 2 personal comments, 1 question you have about the topic) to increase engagement and retention of what you read. Share your 3-2-1 and what you learned with another.

Check out these sites for great articles:

*Kidshealth.org (youth health and wellness)

*Health.com (health and fitness)

*Edutopia.org (educational ideas)

*Forbes.com (business, tech, leadership)

Day 4:

If you see someone without a smile, give them one of yours.
Dolly Parton

#FULLYCHARGED CHALLENGE-Four Before the Door

Increase connection with four people today by doing these four things before they exit the door:

*Make eye contact

*Smile

*Greet them by name

*Ask 1 engaging question, such as, “What do you have planned for this weekend that you are looking forward to and why?”

Fully listen to their reply, ask a follow-up question, and watch how they smile as they share their responses.

Day 5:

Strive not to be a person of success, but a person of value.
Albert Einstein

#FULLYCHARGED CHALLENGE-What's Your Worth?

What are you worth? How do you bring value to your school, organization, team or family? Is your value extrinsic and/or intrinsic to others? Can you further increase your value? List three ways in which you add value personally and professionally. Ask someone the same question about themselves and also how he/she views your value. Do you identify the same ideas?

Day 6:

*The scorecard society judges us by is tragically flawed,
and pursuing it will leave you completely unfulfilled.*
Joshua Medcalf

#FULLYCHARGED CHALLENGE-A New Scorecard

Write down the names of two people whom you admire. List ten traits that you admire about them. Which few are the most important to you and why? These are probably the traits you find most valuable and you would like to be known for as well. Put these traits on an index card. This is your new scorecard to determine whether you are living a life of value. Score yourself each day. Did you demonstrate those characteristics today? How? How can you demonstrate them even more tomorrow? (adapted from *Chop Wood Carry Water*)

Day 7:

*If you want to be great, see the greatness in others and appreciate it
with your whole heart.*

Debasish Mridha

#FULLYCHARGED CHALLENGE-Call Out & Celebrate Greatness

What's one difference between successful and unsuccessful people? The successful have often been cultivated and celebrated. Call out and celebrate the greatness in two people today: a colleague, family member, teammate or student. Tell them a few "gifts" that you see in them and how they bring value to you and others. Celebrate them! Watch how planting those seeds of greatness makes them smile and cultivates their growth.

Day 8:

*Of course it's hard. It's supposed to be hard. If it were easy, everybody would do it.
Hard is what makes it great!*

Tom Hanks, *A League of Their Own*

#FULLYCHARGED CHALLENGE-Movie Moments

What is your favorite movie and why? Write down a few of your favorite quotes from it on a Post-It (you may need to Google them) and put it in a visible area to remind yourself of the good memories you have about that story. What is it that makes it a favorite? Which character would you have liked to have been or been friends with? Would you have changed any of the scenes? Why/why not?

Day 9:

Optimism is the faith that leads to achievement; nothing can be done without hope.
Helen Keller

#FULLYCHARGED CHALLENGE-The Power of Positivity

Watch Shawn Achor's TED Talk, "The Happy Secret to Better Work." This thirteen-minute video is packed with funny stories and great research that proves just how powerful a positive mindset is when it comes to being successful. Jot down three ideas and apply them. If you want to learn even more, read his book *The Happiness Advantage*.

Day 10:

Begin with the end in mind.
Stephen Covey

#FULLYCHARGED CHALLENGE-Telescope & Microscope Mission

Having purpose brings value to our life; working toward that purpose provides a sense of accomplishment. What is your mission in life? Use a “telescope” to identify your one long-term mission and then use a “microscope” to identify two short-term goals to help you reach that mission. Sketch an image of your mission and two goals.
(adapted from Jon Gordon’s *The Power of Positive Leadership*)

Day 11:

Clutter causes stress and is one of the main barriers of productivity.
Charisse Ward

#FULLYCHARGED CHALLENGE-Clean it Out!

Clutter absorbs cognitive energy. Clean out a drawer, purse, backpack, closet, car or room today. Take a picture of the “before” and think about the first word that comes to your mind when you look at it. Then take a picture of the “after” and caption it with one word.

Day 12:

When I started counting my blessings, my whole life turned around.
Willie Nelson

#FULLYCHARGED CHALLENGE-Three Minutes of Thankful

Take a three-minute Thankful Walk. Set your timer, walk around, and think about all of the things, big and small, that you are thankful for. Write down at least ten when you are done and post it in a place you can glance at often as a reminder of your blessings.

Day 13:

*Music acts like a magic key,
to which the most tightly closed hearts open.*
Maria von Trapp

#FULLYCHARGED CHALLENGE-What's Your Walk-Up?

At softball/baseball games, batters often have a walk-up song that plays to pump them up as they step into the batter's box. What is your walk-up song and why? Google it or blast it from your playlist, bust out your moves and sing those fun lyrics as if no one was watching. We promise you no one is watching...they're all on their phones. 😊

Day 14:

The sooner we learn that our feelings are fickle, the better off we are.
Joyce Meyer

#FULLYCHARGED CHALLENGE-Commit to Principles

It can be difficult to make good decisions when we are emotional. We can increase our success when we live by principles and commitments, instead of by feelings. For example, if someone is rude to you and you want to reciprocate, commit yourself to this Golden Rule principle: *Treat others the way you want to be treated.* When you are hungry and craving something unhealthy, commit to this principle: *You are what you eat so don't be fake, cheap, or easy.* When we live by our feelings, we often get drained. What are four principles you can live by that will increase your emotional and/or physical health? Post them in a few places as positive reminders.

Day 15:

Promote what you love instead of bashing what you hate.
Zig Ziglar

#FULLYCHARGED CHALLENGE-What's in Your Heart?

Sarcasm, criticism, and negativity drains our batteries. When we focus on what we love, instead of what we dislike, our positive, critical thinking chemicals increase. Draw a heart and write or sketch inside of it the things you LOVE according to your five senses.

Consider these sentence starters to guide your thinking:

Two things I love to see are... Two things I love to smell are...

Complete for "hear, touch, taste" too.

Next time you start focusing on the negative, remind yourself about those wonderful things in your heart.

Day 16:

*The wisest person I ever met in my life was a third grade dropout...
he taught me to combine knowledge and wisdom to make an impact.*

Rick Rigsby

#FULLYCHARGED CHALLENGE-How ya living?

Watch Rick Rigsby's ten-minute commencement speech, *The Wisdom of a Third Grade Dropout*. He poses this question, "How ya living?" How would you have answered that question five or ten years ago? How would you answer it today? Write your answer to this: How do you use your knowledge and wisdom to strengthen, encourage, and care for others?

Day 17:

*Helping others, without expecting anything in return,
is what true self-worth is all about.*

Gavin Bird

#FULLYCHARGED CHALLENGE-Anonymous Blessing

Do something nice for someone today...anonymously. Secretly place a sweet treat or encouraging note/quote on a colleague's desk or drop off flowers on someone's doorstep. This unexpected gift, big or small, will greatly bless another and let him/her know that someone "sees" and cares even more than they know.

Day 18:

*I've missed more than 9000 shots in my career.
I've lost almost 300 games; 26 times I've been asked to take the game winning shot
and missed. I've failed over and over and over again in my life...
and that is why I succeed.*

Michael Jordan

#FULLYCHARGED CHALLENGE-Failure Fuels Success

Think about a time that you failed. How did that experience help you to succeed? How and why are failure a part of the success process? Are you failing or struggling in an area right now? Write a note of encouragement to yourself; include a few quotes about struggle as a reminder that a muscle only grows stronger via resistance. If you need more encouragement about struggle and success, read about Walt Disney, Steve Jobs, Oprah Winfrey, and Abe Lincoln's experiences with failure, struggle, and success.

Day 19:

*Breathing and thinking are the two most important processes,
one for sustaining life and the other for giving it a purpose.*

T.Hameed

#FULLYCHARGED CHALLENGE-Breathe and Believe

Today, before each of your meals, set your timer and take one minute to breathe deeply, five seconds in through your nose and five seconds out through your mouth. Repeat. As you breathe deeply, think about one person who always believed in you.

Day 20:

Ego is the anesthetic that dulls the pain of stupidity.

Frank Leahy

#FULLYCHARGED CHALLENGE-Let It Go

Write a note of apology to someone you've hurt or write a note telling someone who has hurt you that you have forgiven him/her. It is up to you to send it. Both apologizing and forgiving can be clouded by our ego. Unresolved conflict drains our batteries. Write it, then let it gooooooooo.

Day 21:

*I read of a man who stood to speak at the funeral of a friend
He referred to the dates on her tombstone from the beginning to the end.*

*He notes that first came the date of her birth and spoke the following date with tears
But he said what mattered most of all was the dash between those years.*

*For that dash represents all the time that she spent alive on Earth
And now only those who loved her know what that little line is worth.*

*For it matters not how much we own: the cars, the house, the cash,
What matters is how we live and love and how we spend our dash.*

Linda Ellis

#FULLYCHARGED CHALLENGE-Your Dash

How are you living and loving the people and the experiences in your dash that make your life wonderful? What is one way you can commit more energy in those areas and eliminate those that don't bring value? You were not designed to live drained and stressed. You were called to be #FULLYCHARGED and to live 'a dash' that makes a positive difference.

*Which of these challenges can you add into your daily or weekly repertoire to stay
#FULLYCHARGED?*