

Welcome to the 21 Program

You have chosen by default to become a member of the 21 program to develop new habits that will be beneficial to your life in the upcoming years.

Each of these steps need to be followed each day for the next 21 days and documented in order to fulfill your daily goals.

1. 21 compliments or positive comments need to come from your mouth each day
2. 21 minutes of reading (please use the timer on your phone) – notate in journal provided
3. 21 minutes of math (please ask your teacher for extra work on Mondays) if not ask your mother
4. 21 minutes of social studies, historical event reading, or watching of a video of a national park, a wonder of the world, or a natural history museum – make some comment in journal provided
5. 21 minutes of science (please ask your teacher on Mondays) if not ask your mother
6. 21 pushups, 21 lunges on each leg, 21 burpees, 21 planks for 21 seconds, 21 minutes of cardio (jumprope, running, elliptical, rowing, or spin bike)
7. 21 minutes of catholicism – you can listen to a podcast, read a book, or watch a short mass – make a comment in the journal provided
8. 21 minutes of stretching – ask your mother for suggestions if you cannot figure out any
9. 21 items should be picked up or cleaned in your room or the bathroom each day – either house
10. 21 minutes of time that is spent playing with your siblings/cousins/friends etc. ask questions, get to know them
11. 21 minutes outside – walk, sit, run, whatever
12. Learn to read a tape measure – up to 21 ft – tape measure will be provided
13. Work on the Tusk club each day – contact new members, work on new events, etc
14. Sketch or draw to encourage creativity
15. Sweep or spray off your house of dirt or cobwebs – either house – this can be used in your outside time
16. Water the plants – either house – this can be used in your outside time
17. Google a band that you find interesting to find out a little backstory – write in the journal provided
18. Google an animal you find interesting – make note in journal provided
19. Each day learn about a governor in KY history – Martha Layne Collins, Governor Garrard (of course) Bert Combs, and John Y Brown (look up the Bluegrass Conspiracy) are a few I would recommend – make notes in journal provided
20. Hug a family member, tightly, each day and say you appreciate them
21. Give grace to someone each day and ask yourself what they might be going through if they are in a bad mood or quiet