

# Keep Moving...TOGETHER

## The Coming Soon Challenge

**Instructions:** Each morning for 28 days, write down something you're anticipating in the next 24 hours, such as a favorite meal or time to work on an enjoyable project or hobby.

**Goal:** The goal of this challenge is to write down something enjoyable you're anticipating each day. Studies have shown that anticipating something can be just as satisfying as actually experiencing it. The Coming Soon challenge allows you to enjoy your best daily moments twice.

	Week 1	Week 2	Week 3	Week 4
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Sunday	_____	_____	_____	_____