

#BASIC7

So often we find ourselves coming up short in life, having a vision for where we could be, should be, hope to be, desire to be, but we aren't there. Why? There are obstacles, blocks in our path to get there and most of the time we are the one's who place them there. We sabotage ourselves! #BASIC7 is designed to help us remove those obstacles and discover the more we were made for.

7 DAILY REQUIREMENTS:

- ABSTAIN FROM ALCOHOL
- MEET SOMEONE NEW EVERY DAY
- EXERCISE FOR 45 MINUTES EVERY DAY
- OBSERVE A 24 HOUR SABBATH WEEKLY
- PERFORM 1 RANDOM ACT OF KINDNESS EVERY DAY
- PICK A DIET AND STICK TO IT WITH NO CHEAT MEALS
- WAKE UP BEFORE THE SUN & SPEND TIME WITH GOD