



A Train Monthly Challenge

September Challenge:

Choose the corresponding item to match with the day of the month.

There is one item for each day in September.

Each item will help you to focus on your cognitive boost throughout the month. Post in the Facebook group and let us know how it's going each day.

1. Pray at least three times a day...
2. Go for a Walk
3. Go to Bed Early
4. Create a Grateful Journal
5. NO Social Media during Meal Time
6. Go OUTSIDE for at least 15 minutes
7. Organize a Closet or Your Emails
8. NO Complaining for a Day
9. Write down some Goals
Short term or Long-term
10. Drink ONLY Water
11. Eat Fruits and Vegetables
12. NO TV Night
13. Spend Time Alone
14. Donate to a Good Cause
15. Deep Breathing Exercises
16. Do something FUN!!
17. Read a Book
18. Listen to Music
19. Ask for Help
20. Mediate on a Scripture
21. Say NO to Something
22. Compliment someone
23. Find a Hobby
24. Work on a Puzzle
25. Set a Mini-Goal
26. Have a Date Night
27. Zoom with a Friend(s)
28. Unfollow Negative People on Social Media
29. Adopt a Habit
30. Watch a Funny Video