



21 DAY  
SOIL  
CHALLENGE

My 21-Day Soil Challenge starts on ..... / ..... / .....

and ends on ..... / ..... / .....

**MY GOAL IS TO:** .....

.....

This is important to me because: .....

.....

.....

By achieving this goal, my life and farm will improve in these ways: .....

.....

.....

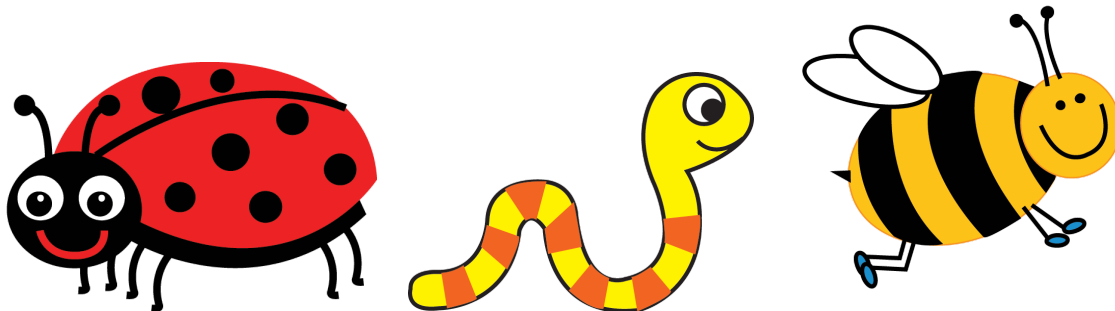
**REWARD**

I will celebrate my success on this date ..... / ..... / .....

by doing this .....

.....

IN YOU WE TRUST, SAVE OUR SOILS!



I / We, ....., commit to taking massive daily action every day for my 21 day Soil Challenge towards achieving my goal and to understand my soil deeper!

I commit to being active in the process by setting up my goal, plan and accountability so I am stacking success in my favour before I start the challenge.

I commit to letting go of limiting beliefs of what I think is possible, as well as letting go of what I think I may or may not be good at or have achieved in the past.

I commit to managing my state of mind, my energy and my emotions as I take action every day and being proactive in removing distractions and adjusting my motivation as needed.

I commit to learning out loud and share with others my actions, my progress and any blockages that might come up, so that I hold myself accountable and so that others can benefit.

I commit to overcoming obstacles quickly by acting resourcefully.

I commit to acknowledging the resistance that may come up when I am taking action and know that any distraction or uncomfortableness is a reminder to get myself back on task and focus even deeper on taking action.

I commit to taking the actions towards my goal and that even if I do not fully achieve my goal, I know that the actions I will take will be a massive leap from where I am now and know the positive impact this will have on me and those that are important to me.

I commit to check the group often for new content and mark unit videos as done when I have watched them or taken the action.

Finally, I commit that even if I “mess up” with any of the above, I will not beat myself up – I will be compassionate and kind to myself. I’ll get back at it and do my best.

**Yes, I’m ready to take massive action and commit to the 21 day soil challenge!**

Let’s turn dirt to healthy soils!

Signed: ..... Date: ...../...../.....