

My 30 day self-care challenge...

___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean
___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise
___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives
___: Day 1 done!	___: Day 2 done!	___: Day 3 done!	___: Day 4 done!	___: Day 5 done!	___: Day 6 done!	___: Day 7 done!
___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean
___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise
___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives
___: Day 8 done!	___: Day 9 done!	___: Day 10 done!	___: Day 11 done!	___: Day 12 done!	___: Day 13 done!	___: Day 14 done!
___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean
___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise
___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives
___: Day 15 done!	___: Day 16 done!	___: Day 17 done!	___: Day 18 done!	___: Day 19 done!	___: Day 20 done!	___: Day 21 done!
___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean	___: 20 min clean
___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise	___: 20 min exercise
___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives	___: No negatives
___: Day 22 done!	___: Day 23 done!	___: Day 24 done!	___: Day 25 done!	___: Day 26 done!	___: Day 27 done!	___: Day 28 done!
___: 20 min clean	___: 20 min clean					
___: 20 min exercise	___: 20 min exercise					
___: No negatives	___: No negatives					
___: Day 29 done!	___: 30 days done!!!					

Negatives I'm blocking...



Dan Wood

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Things I know I need fixed / cleaned:

[illegible]This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper is set against a dark background.

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Common items that people often overlook when cleaning their homes...

- Windows, tracks & sills
- Baseboards & moldings
- Ceiling fans & light fixtures
- Underneath furniture
- Stove vents
- Silverware drawers
- Pet bedding and toys
- Shower / tub
- Toilet
- Air filters & vents
- Walls
- Junk drawer
- Closet / Clothes
- Purse / Bags

- Wash outside of vehicle
- Clean inside of vehicle
- Garage / storage space
- Gutters & downspouts
- Loose debris around yard
- Trimming shrubs
- Outdoor storage area
- Outdoor furniture
- Washing windows
- Washing doors & trim
- Washing driveway
- Outdoor lighting fixtures
- Outdoor grills & BBQ
- Outdoor HVAC units



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Common items that people often overlook when cleaning their business...

- Clearing out old unnecessary files, both physical and digital.
- Organizing and decluttering desk and work space.
- Taxes (lol)
- Review and update social media profiles.
- Review and test your website from the eyes of a client.
- Emails = getting it to zero.

- Pulling a list of past clients and reconnecting with them.
- Pulling a list of all leads and revisiting how to connect with them.
- Adding clients birthdays and anniversaries.
- Review your lead follow up and conversion plans.

If you need help with any of this. Please text me at (905) 903-5442 or (905) 903-5442 and I'll devise a plan specific to you.



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List of common health-related tasks that often get overlooked:

- Daily stretching or yoga
- Daily cardio (walking, running, biking)
- Eating a balanced and healthy diet
- Drinking enough water
- Getting enough sleep
- Meditation
- Regular checkups with physician
- Strength training
- Reading
- Making time for hobbies

I can make you a daily plan with accountability and a app to track you're goals to make a game of it.

If you need help... please text me at (905) 903-5442 and I'll devise a plan specific to you.

We have weekly accountability calls to keep you on track too!

Just ask :-)



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