

Holy & Hard

A 30 DAY CHALLENGE



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Challenging habits in wellness that encompass the body, mind, and soul can be incredibly rewarding but also demanding. Here are some examples of such habits:

1. **Daily Meditation:** Establishing a daily meditation practice can be challenging for the mind and soul. It requires discipline and patience to sit in stillness, clear the mind, and cultivate mindfulness.

2. **Regular Exercise:** Maintaining a consistent exercise routine challenges the body and mind. It can be physically demanding, and finding the motivation to exercise regularly can be mentally taxing.

3. **Mindful Eating:** Practicing mindful eating involves paying close attention to what and how you eat. It can be challenging to break unhealthy eating habits and make conscious choices about your diet.

4. **Gratitude Journaling:** Keeping a gratitude journal challenges the mind and soul. It requires you to reflect on the positive aspects of your life regularly, even when faced with difficulties.

5. **Fasting or Intermittent Fasting:** Fasting, whether for religious or health reasons, can be a challenging habit for the body, mind, and soul. It tests your physical endurance, mental resilience, and spiritual devotion.

6. **Daily Scripture or Spiritual Reading:** Reading religious or spiritual texts daily can be mentally challenging, as it often involves deep reflection and interpretation. It also nurtures the soul by strengthening your spiritual connection.

7. **Acts of Kindness:** Committing to regular acts of kindness challenges both the mind and soul. It requires you to cultivate compassion and empathy while actively seeking opportunities to help others.

8. **Digital Detox:** Disconnecting from digital devices for extended periods can be a challenge for the mind and soul. It involves breaking the habit of constant connectivity and finding alternative ways to engage with the world.

9. **Self-Reflection and Journaling:** Engaging in regular self-reflection through journaling can be mentally and emotionally demanding. It requires facing your thoughts and emotions honestly.

10. **Volunteering or Service:** Regularly volunteering or engaging in acts of service challenges the soul and mind. It involves selflessness and a commitment to making a positive impact on others' lives.

11. **Forgiveness Practice:** Cultivating forgiveness can be challenging for the soul. It requires letting go of resentment and finding compassion and understanding for those who have wronged you.

12. **Silence and Solitude:** Spending time in solitude challenges the mind and soul. It forces you to confront your inner thoughts and emotions without external distractions.

It's important to remember that building challenging wellness habits is a gradual process.

Start with small steps and gradually increase the level of difficulty as you become more comfortable with each habit with the following month challenge.

My Commitment will be:

Start Date: _____

30 Day Challenge Tracker

Soul:

1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	9	10	11	12	13	14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	16	17	18	19	20	21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	23	24	25	26	27	28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	30					
<input type="checkbox"/>	<input type="checkbox"/>					

Body:

Mind:

Community support is invaluable when embarking on a wellness challenge. It can provide motivation, accountability, and a sense of belonging, all of which can greatly enhance your chances of success.

Here's how Holy & Hard Challenge support can benefit your wellness challenge:

Motivation and Inspiration: Being part of a community with similar wellness goals can be incredibly motivating. Seeing others make progress or overcome challenges can inspire you to stay committed to your own journey.

Accountability: Knowing that others are aware of your goals can create a sense of accountability. You're more likely to stick to your commitments when you have people who are holding you responsible.

Shared Knowledge and Resources: Communities often share valuable information, tips, and resources related to wellness. You can learn from others' experiences and gain insights that you might not have discovered on your own.

Emotional Support: Wellness challenges can be tough, and having a supportive community to lean on during difficult times can be a source of emotional strength. You can share your struggles and receive encouragement and empathy in return.

Problem Solving: When you encounter obstacles or challenges, the community can be a valuable resource for brainstorming solutions. Others may have faced similar issues and can offer guidance.

Celebrating Achievements: Celebrating your successes with a community can be especially rewarding. It's a chance to share your accomplishments and receive positive reinforcement.

Reducing Isolation: Wellness journeys can sometimes feel isolating, especially if your goals are different from those of your immediate social circle. Being part of a wellness community connects you with like-minded individuals who understand your aspirations.

Long-Term Commitment: Communities can help you stay committed to your wellness goals in the long run. It's easier to maintain healthy habits when you have an ongoing support system.

Expanding Your Network: Wellness communities can introduce you to new people and expand your social network.

Building relationships with individuals who share your interests can have lasting benefits.

Catholic Wellness Mom along with Trinity Wellness Center have set some ways to have that support you need to complete your first of many Holy & Hard 30 Day Wellness Challenge.

1. **Private Facebook group:** [TWC: Catholic Women Group](#)
2. **Whatzup :** [TWC Catholic Women Support](#)
3. **Online Support:** [Trinity Wellness Center Support Happy Hour:](#)
Thursday at 7:30pm central time on zoom.
4. **One-One Coaching:** [Set up a chat](#) to see if we are a Godly fit for you for the extra support.
5. **Holy & Hard Podcast:** Listen for inspiration, reflection, & prayers
6. **Trinity Wellness Thursday Email:** every Thursday filled with thoughts, wellness finds, and up-coming events.

Holy Souls Daily Prayers

Prayers for the Deceased for Every Day of the Week, for more information visit the
Marian Fathers' at www.prayforsouls.org

Start each day with:

V. O Lord, *hear my prayer.*

R. *And let my cry come unto You.*

O God, the Creator and Redeemer of all the faithful; grant unto the souls of Your servants and handmaids the remission of all their sins: that through our devout supplications they may obtain the pardon they have always desired. Who lives and reigns, world without end. Amen.

Sunday

O Lord God omnipotent, I ask You by the Precious Blood, which Your divine Son, Jesus, shed in the Garden, deliver the souls in purgatory, and especially that one which is the most forsaken of all, and bring it into Your glory, where it may praise and bless You forever. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Monday

O Lord God omnipotent, I ask You by the Precious Blood which Your divine Son, Jesus, shed in cruel scourging, deliver the souls in purgatory, and among them all, especially that soul which is nearest to its entrance into Your glory, that it may soon praise You and bless You forever. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Tuesday

O Lord God omnipotent, I ask You by the Precious Blood of Your divine Son, Jesus, that was shed in His bitter crowning with thorns, deliver the souls in purgatory, and among them all, particularly that soul which is in the greatest need of our prayers, in order that it may not long be delayed in praising You in Your glory and blessing You forever. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Wednesday

O Lord God omnipotent, I ask You by the Precious Blood of Your divine Son, Jesus, that was shed in the streets of Jerusalem while He carried on His sacred shoulders the heavy burden of the Cross, deliver the souls in purgatory and especially that one which is richest in merits in Your sight, so that, having soon attained the high place in glory to which it is destined, it may praise You triumphantly and bless You forever. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Thursday

O Lord God omnipotent, I ask You by the Precious Body and Blood of Your divine Son, Jesus, which He Himself on the night before His passion gave as food and drink to His beloved Apostles and bequeathed to His holy Church the perpetual Sacrifice and life-giving nourishment of His faithful people, deliver the souls in purgatory, but most of all, that soul which was most devoted to this mystery of infinite love, in order that it may praise You together with Your divine Son and the Holy Spirit in Your glory forever. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Friday

O Lord God omnipotent, I ask You by the Precious Blood, which Jesus, Your divine Son, shed this day upon the tree of the Cross, especially from His sacred hands and feet, deliver the souls in purgatory, and particularly that soul for whom I am most bound to pray, in order that I may not be the cause which hinders You from admitting it quickly to the possession of Your glory where it may praise and bless You forever more. Amen.

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Saturday

O Lord God omnipotent, I ask You by the Precious Blood, which gushed forth from the sacred side of Your divine Son, Jesus, in the presence and to the great sorrow of His most holy Mother, deliver the souls in purgatory and among them all especially that soul which has been most devout to this noble Lady, that it may come quickly into Your glory, there to praise You in her and her in You through all the ages. Amen..

Our Father. Hail Mary. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.