

Option 1: Get Rid of a Habit

This option is for EVERYONE. We encourage families, including children, to be involved in this option. Most habits become an addiction, indulgence or convenience that has control over not only our minds but our bodies as well. Take a current habit and remove it consciously from your daily routine for three days. We encourage you to make it a challenge for the whole family. Taking a weekend without the T.V. and enjoying family life together will create special memories. Some examples are the use of cell phones, T.V., nicotine, caffeine, alcohol, fossil fuels, sugar, carbohydrates, etc...This could be anything that has direct control over how you function in your day to day.