

MY 30-DAY CHALLENGE

NEW HABIT: _____

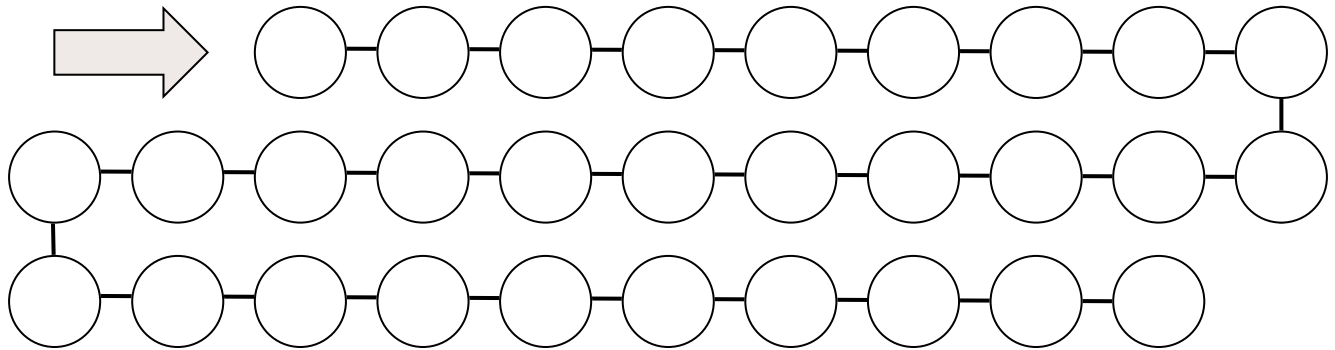
Why is this important for me? _____

Strenghts: _____

Weaknesses: _____

Reward: _____

Let's do this!



How did it go? _____

What did I learn? _____

RATE THIS CHALLENGE

