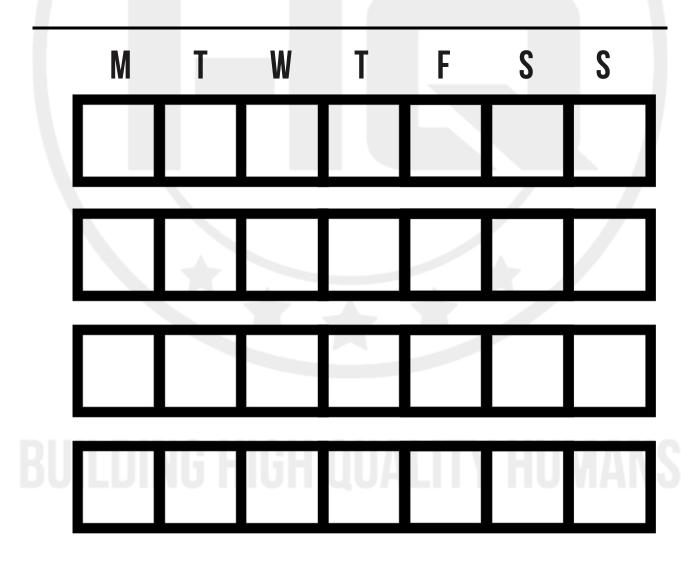# SELF-MASTERY CHALLENGE

HOW TO USE:
1. DECIDE ON YOUR GOAL AND WHY YOU MUST ACHIEVE IT
2. PUT A RED 'X' FOR EVERY DAY THAT YOU MOVED FORWARD TOWARDS YOUR GOAL
3. AIM TO CREATE THE LONGEST CHAIN POSSIBLE

MY GOAL IS...

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I <u>MUST</u> ACHIEVE THIS GOAL BECAUSE...

_____

M	T	W	T	F	S	S

"IF I CAN'T, I MUST. IF I MUST, I CAN!"