



BUILDING HIGH QUALITY HUMANS

*"BUILDING HIGH QUALITY HUMANS WHO ARE FAST, STRONG, POWERFUL, FLEXIBLE, SKILLED AND BADASS!"*

# 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 MUST ACHIEVE THIS GOAL BECAUSE...

M	T	W	T	F	S	S

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