

# The 5-Day BEST LIFE Challenge

## CHOOSE A MOTTO

Pick a motto for the 100 on the following pages or write your own.  
Make sure that it resonates with you in your life right now.  
You can always change it for your next goal.

MY MOTTO IS

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Place it on post its in different places that will remind you to keep this track. Say it every morning with joy and energetically to engrain it into your subconscious.