

The 5-Day BEST LIFE Challenge

LIST A MINIMUM OF 10 QUALITIES YOU LOVE ABOUT YOURSELF

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WOULD YOU LIKE TO IMPROVE ANY?

HOW WOULD YOU GO ABOUT DOING THAT?

LIST 5 QUALITIES THAT YOU STRUGGLE WITH
(i.e. always running late, extremely forgetful)

1. _____
2. _____
3. _____
4. _____
5. _____

WOULD YOU LIKE TO IMPROVE ANY?

HOW WOULD YOU GO ABOUT DOING THAT?

WHAT QUALITIES ARE YOU GOING TO OWN?
