

The 5-Day BEST LIFE Challenge

LIST 5 QUALITIES YOU LOVE ABOUT YOURSELF

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

WOULD YOU LIKE TO IMPROVE ANY?

HOW WOULD YOU GO ABOUT DOING THAT?

LIST 3 to 5 QUALITIES WITH WHICH YOU STRUGGLE
(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?

WHICH QUALITIES ARE YOU GOING TO OWN?
