

The 5-Day BEST LIFE Challenge

CHOOSE A MOTTO

Pick a motto from 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:

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

