

28 DAY CHALLENGE

For the next month I want to:

I want to make this happen because:

My plan of action is:

For the next 28 days, I am committed to this.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Break down your goals into weekly action steps that are small enough to implement but big enough to keep you on track to reaching your goals.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

REFLECT AND CELEBRATE!