

Step #2: Success Journal: 12-Week Goals

Print a copy of this worksheet and fill it out before you begin your challenge.
First, write down 5 specific goals you'd like to achieve over the course of your 12-week program.

1	<hr/> <hr/> <hr/>
2	<hr/> <hr/> <hr/>
3	<hr/> <hr/> <hr/>
4	<hr/> <hr/> <hr/>
5	<hr/> <hr/> <hr/>

Step #2: Success Journal: Reasons

Next, write down 3 reasons you've decided to start a challenge and achieve your 12-week goals.

1

2

3

Step #2: Success Journal: Transforming Patterns of Action

Finally, write down 3 specific patterns of action you'll need in order to successfully achieve your 12-week goals.

1

OLD PATTERN :

NEW PATTERN :

2

OLD PATTERN :

NEW PATTERN :

3

OLD PATTERN :

NEW PATTERN :
