

30-Day “Focus On Me” Challenge



Directions: For the next 30 days do the following throughout the day. Ask the questions and answer yourself honestly. Put a check mark after each time you complete the task. Remember, the take away is you need to become better than the person you were yesterday.

Every Morning:

Ask:

“What is the most important thing I can do for my growth today?”

During The Day:

When you catch yourself comparing:

STOP. LOOK. CHOOSE. ACT.

Every Evening:

Ask: **Did I make progress today?**

Goal: **Progress**
