

# ASSIGNMENT: 30 DAY CHALLENGE

**Instructions:** Identify one thing to do daily for the next 30 days to take you in the direction of your key goals (it can also be one thing not to do daily!

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For the next 30 days I committ to doing the following:

At the end of successfully completing my 30 day challenge I will reward myself with:

Signed\_\_\_\_\_

## 30 Day Challenge Progress Record

Challenge:

Day	Date	Yes/No	Activity Undertaken	Comment/Learnings/Progress Made
1.				
2.				
3.				
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29.				
30.				

**Reward:**

## My Reflections/What I learned: