MOOD

Week 17 Date

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"All progress takes place outside the comfortzone."

MICHAEL JOHN BOBAK

SUCCESSFULNESS

JOT DOWN YOUR GOALS ON LABELS (SEE PAGE 117). CUT THEM OUT AND PLACE IN A BOWL ON YOUR NIGHTSTAND. PULL OUT ONE WHENEVER YOU NEED A NEW CHALLENGE.

FOR GOAL WRITING TEMPLATES, SEE PAGE 120