

5-DAY MINDSET CHALLENGE

DAY 1

G

EVERY MORNING, WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR.

1)

2)

3)

A

REACH OUT TO SOMEONE AND SHARE YOUR APPRECIATION OF THEM

WHO DID YOU CONTACT?

WHAT HAPPENED?

HOW DID IT AFFECT YOUR MINDSET?

M

EVERY EVENING, WRITE DOWN 3 WINS - YOUR MIRACLES FOR THE DAY.

1)

2)

3)

DAY 1 THOUGHTS AND NOTES:
