

29 March 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Watch the Growth

Now we have planted the seeds, we need to wait a little to see any obvious changes. That doesn't mean nothing is happening, it means that you have put the wheels in motion and need to water the seedlings to make sure you get the results you want.

In order to do this in a productive way, it's important to keep track on a daily basis. To be honest, this weekly challenge should really be used all the time as we are often too quick to focus on what we didn't achieve as opposed to how far we have got...



Monday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Tuesday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Wednesday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Thursday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Friday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Saturday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?

Sunday - What have you achieved today? Have you reached a particular milestone? Are you closer to where you want to be? Have you rewarded yourself for your progress? What else could you do?