

Try Something New for the Next 30 Days CHALLENGE

Your first project for Principle of Leadership is to try something new for 30 days. Your choice must be a type of positive, and realistic change. You want to challenge yourself but also make the goal reachable!

For this project, you will be keeping a short journal record of your progress everyday. You can do this on your phone, iPad or notebook but remember *you will be turning it in at the end of the 30 day challenge*. You may also choose to write your progress on this worksheet.

Everyday, explain in brief whether you accomplished your goal for that day and any relevant details:

Choose your 30-Day Challenge:

Start Day: _____

End Day: _____

DAY	
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Name: _____

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Day 5 Check-In:

1. Has it been easy to maintain your goal everyday? Why or why not?

2. What do you predict will be the main obstacle in you achieving your goal everyday?

Day 15 Check-In:

1. How successful have you been up until this point?

2. What has been the biggest challenge in keeping your goal everyday?

Day 30 Check-In:

1. How successful were you in your 30 day challenge?

2. What would you change if you were to do this type of challenge over again?

3. Any other comments?