

15

[FIFTEEN]

Day

Challenge

You have accepted the challenge!
You are wanting to do something
new or change! Awesome!!!!

Now here is where the real work
begins! You will take the next 15
days to come up with a micro goal
and work on the goal for the next
14 days.

What is a micro goal? A micro
goal is a smaller goal from the
main goal. If you want to write a
book, a micro goal is writing a
chapter. A micro goal for a chapter

is writing a paragraph, and so on. I want you to define what it is that you want to do then find a micro goal. That goal is what you are working on for the next 15 days. You will have intense laser focus on making sure you are concentrating on that ONE goal.

ARE YOU READY!!! LET'S GO!

Day [ONE]

Affirmation: I will purposely define my life one goal at a time.

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [TWO]

Affirmation: I will work on my micro goal today

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [THREE]

Affirmation: I will NOT pay attention to distractions.

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [FOUR]

Affirmation: I am on target with my destiny.

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [FIVE]

Affirmation: I will evaluate my choices

Micro Goal: I will _____ by March 2, 2019.

Pulse Check

Success

Challenges

Learned Lessons

Re-Evaluation

Day [SIX]

Affirmation: I will take the lessons learned and apply them
to my life.

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [SEVEN]

Affirmation: I will purposely define my life one goal at a time.

Micro Goal: I will _____ by March 2, 2019.

Plan of action:

Step 1:

Step 2:

Step 3:

Step 4:

Day [EIGHT]

Affirmation: I will win!

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [NINE]

Affirmation: I will share my joy!

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [TEN]

Affirmation: I will take advantage of my change

Micro Goal: I will _____ by March 2, 2019.

Pulse Check:

Success

Challenges

Learned Lessons

Re-Evaluation

Day [ELEVEN]

Affirmation: I will redefine my normal.

Micro Goal: I will _____ by March 2, 2019.

Plan of action:

Step 1:

Step 2:

Step 3:

Step 4:

Day [TWELVE]

Affirmation: I will plan my next micro goal.

Micro Goal: I will _____ by March 2, 2019.

Plan of action:

Step 1:

Step 2:

Step 3:

Step 4:

Day [THIRTEEN]

Affirmation: I will count my blessings.

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [FOURTEEN]

Affirmation: I will NOT give up on myself

Micro Goal: I will _____ by March 2, 2019.

Today I will:

Step 1:

Step 2:

Step 3:

Step 4:

Day [FIFTEEN]

Affirmation: I will pat myself on the back for my
accomplishments!

Micro Goal: I completed _____ by March 2, 2019.

Reflection:

Successes:

Challenges:

I am most proud of:

I will continue:

Congratulations!!!!!! You DID it! Click the link below for your special gift for completion:

www.cameshacarter.com

