

DAILY CHALLENGE TEMPLATE

# THE 30-DAY RULE CHALLENGE



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**My 30-day rule:** \_\_\_\_\_

## DAY 1 - MORNING CHECK-IN

What action will I take today?

\_\_\_\_\_

## DAY 1 - EVENING CHECK-IN

Did I follow my rule?

Yes

Partially

No

One thing that made me proud today in once sentence:

\_\_\_\_\_

\_\_\_\_\_

What can I improve to get closer to my goal tomorrow? Answer if you previously said *partially* or *no*.

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