

Light Your Fire! 30-Day Challenge

Weekly Progress Journal

Week of: _____

Topic of week: _____

Print out this page and answer the questions. Give yourself permission to really go for it!

Suggestion: Create a ***Light Your Fire!*** binder. Hole punch this page and keep it in your binder, along with your assignments, so you can track your progress from week to week.

1) What challenges, if any, did you have with this week's assignments?

2) What were the most exciting things you learned or discovered this week?

3) What actions did you take, and what surprised you?

4) What results did you get, and which were unexpected?

5) How can you expand the results you got this week? What will you do?
