

## The Challenges - Journal

**CHALLENGE 3:** \_\_\_\_\_

**DATE:-** \_\_\_\_\_

How am I feeling before this challenge?

---

---

---

What was my progress during the challenge?

---

---

---

What has this challenge taught me about myself?

---

---

---

**CHALLENGE 4:** \_\_\_\_\_

**DATE:-** \_\_\_\_\_

How am I feeling before this challenge?

---

---

---

What was my progress during the challenge?

---

---

---

What has this challenge taught me about myself?

---

---

---

