



Personal Success Tracker

Check off each day that you completed the challenge. Feel free to go above and beyond the goal. As you work on the challenge each week, write notes to yourself on what did/did not work.

Week 1: Move and Groove (Nov 8-14)

M T W T F S S

Tips/Notes:

Week 2: Try Something New (Nov 15-21)

M T W T F S S

Tips/Notes:

Week 3: The Art of Gratitude and Savoring (Nov 22-28)

M T W T F S S

Tips/Notes:

Week 4: Breath of Resilience (Nov 29-Dec 5)

M T W T F S S

Tips/Notes:

Week 5: Taste the Rainbow (Dec 6-12)

M T W T F S S

Tips/Notes:

Week 6: Spark Your Creativity (Dec 13-19)

M T W T F S S

Tips/Notes:

