

WEEKLY reflection

week
ONE



What was the SCARIEST part of starting this challenge?



What is the ONE thing you are most excited to get out of this challenge?



What has been the BIGGEST struggle this week?



Where were you most tempted (or where did you) CHEAT?



What are you MOST worried about looking forward?

goals FOR NEXT WEEK









Did you have any "AHA!" moments?



What has been the MOST surprising thing about not spending this week?
