



Worry No More

A 30-day Challenge

hosted by The BEING Coach

Before You Get Started:

Set a goal, something simple, something that you might not voice because you're afraid it might not come true. Make it something possible, but a stretch. For example: call one person I'd like to connect with but don't know each week. List that goal here:

Day One

- Watch today's message
 - I will apply this idea by: _____
-
-

Before Bed:

- I am grateful for _____
in my life.
- Tomorrow I choose to be _____
as I move through my day.

Day Two

- Watch today's message
 - I will apply this idea by: _____
-
-

Before Bed:

- I am grateful for _____
in my life.
- Tomorrow I choose to be _____
as I move through my day.

Day Three

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____

in my life.

Tomorrow I choose to be _____

as I move through my day.

Day Four

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____

in my life.

Tomorrow I choose to be _____

as I move through my day.

Day Five

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____

in my life.

Tomorrow I choose to be _____

as I move through my day.

Day Six

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____
in my life.

Tomorrow I choose to be _____
as I move through my day.

Day Seven

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____
in my life.

Tomorrow I choose to be _____
as I move through my day.

Day Eight

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____
in my life.

Tomorrow I choose to be _____
as I move through my day.

Day Nine

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____

in my life.

Tomorrow I choose to be _____

as I move through my day.

Day Ten

Watch today's message

I will apply this idea by: _____

Before Bed:

I am grateful for _____

in my life.

Tomorrow I choose to be _____

as I move through my day.

Day 11

Watch today's message

What I noticed: _____

Day 12

Watch today's message

What I noticed: _____

Day 13

Watch today's message

What I noticed: _____

Day 14

Watch today's message

What I noticed: _____

Day 15

Watch today's message

What I noticed: _____

Day 16

Watch today's message

What I noticed: _____

Day 17

Watch today's message

What I noticed: _____

Day 18

Watch today's message

What I noticed: _____

Day 19

Watch today's message

What I noticed: _____

Day 20

Watch today's message

What I noticed: _____

Day 21

Watch today's message

What I noticed: _____

Day 22

Watch today's message

What I noticed: _____

Day 23

Watch today's message

What I noticed: _____

Day 24

Watch today's message

What I noticed: _____

Day 25

Watch today's message

What I noticed: _____

Day 26

Watch today's message

What I noticed: _____

Day 27

Watch today's message

What I noticed: _____

Day 28

Watch today's message

What I noticed: _____

Day 29

Watch today's message

What I noticed: _____

Day 30 Whoo Hoo! You made it!

Watch today's message

What I noticed: _____

*What was the most valuable about this 30-day Challenge? What am I taking away?: _____

*What has unfolded for me since I began the Challenge? _____

If you enjoyed your 30-day Challenge, if you received a value, will you kindly write to me and tell me so? This may help someone else be brave and step up to their own Worry No More Challenge.

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