



MY CHALLENGE:

www.livethisway.com



GOAL:

3 Reasons why you want to reach this goal:

- 1.
- 2.
- 3.

Biggest fear I have prior to starting my challenge:

What are three things you can do when you get stuck and fear you won't finish your challenge?

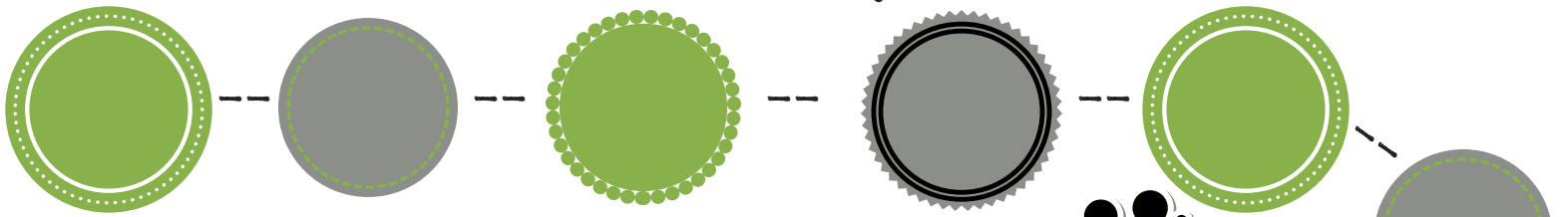
- 1.
- 2.
- 3.

Describe the "before" of your challenge:

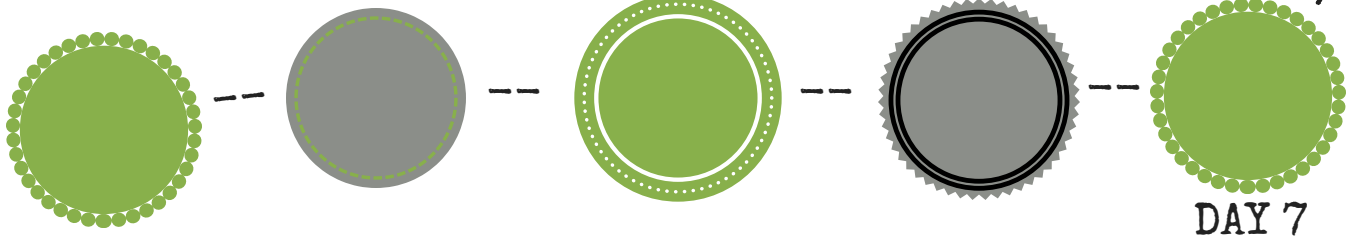
Describe the "after" of your challenge:

START

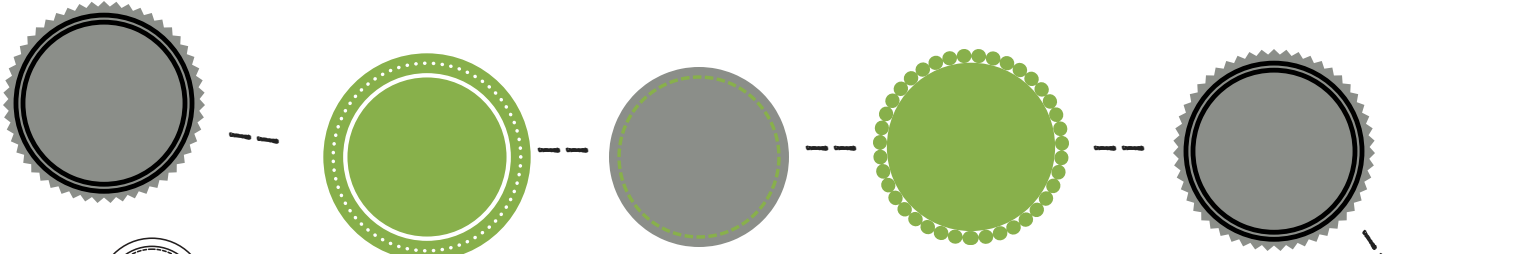
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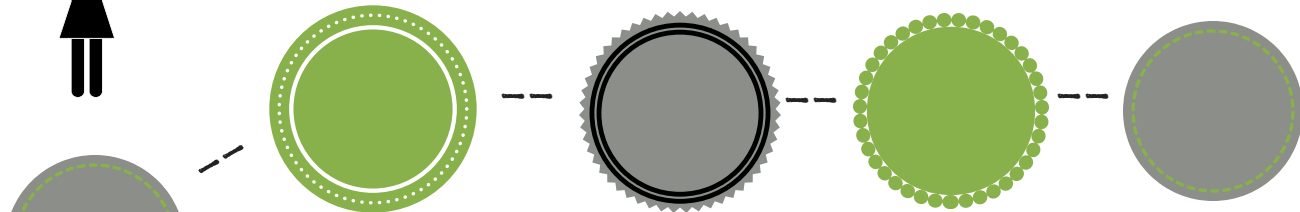
✓ the circles each day you complete your challenge!



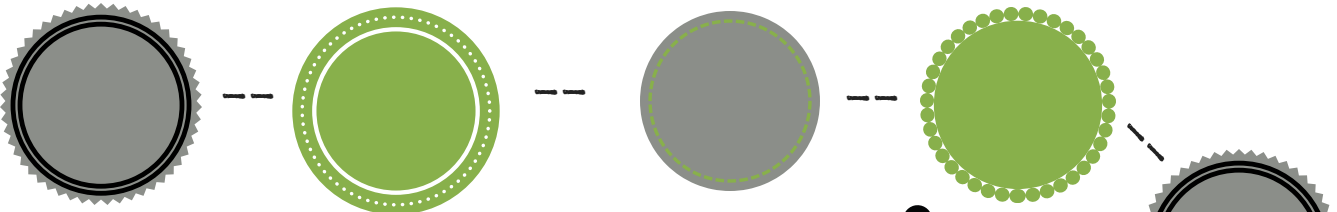
DAY 7



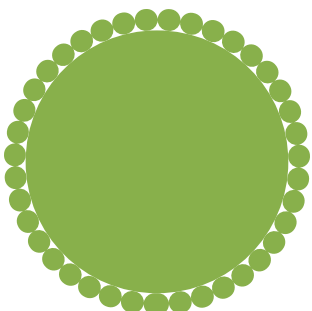
DAY 13



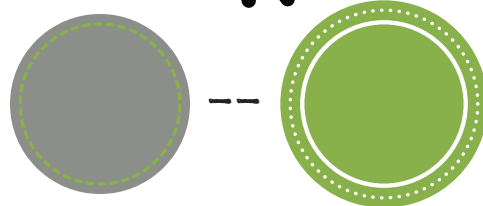
DAY 18



DAY 25



FINISH





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NOTES:

Notes section featuring a decorative banner of alternating green and grey triangles at the top, followed by 20 horizontal green lines for writing. In the bottom left corner, there is a silhouette of a girl with her arms raised and a speech bubble containing the text 'WOO HOO!'.



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COMPLETION CERTIFICATE:

Yay, congratulations you did it! I'm so proud of you and you should be too!

To be entered to win prizes do the following:

- Print this attestation
- Fill it out
- Take a picture of just this page
- Email the picture to traci@therusticeye.com by 9/3/17 midnight PST



I attest that I completed my 30 day challenge!

NAME:

CHALLENGE:

SIGNATURE:



✓ this circle if you invited at least one friend to join the challenge for a bonus entry.