

Rediscover Your Hope Challenge Journal

Week 1

Name	Primary Goal	Weekly Goal
Day 1 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started diffuser		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
today I learned		
Day 2 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started diffuser		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
today I learned		
Day 3 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started diffuser		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
today I learned		
Day 4 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started diffuser		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
today I learned		
Day 5 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started diffuser		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
today I learned		

Rediscover Your Hope Challenge Journal

Week 2

Name	Primary Goal	Weekly Goal
Day 1 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started my diffuser, applied oil		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
		today I learned
Day 2 Tasks		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started my diffuser, applied oil		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
		today I learned
Day 3 To-Do's		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started my diffuser, applied oil		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
		today I learned
Day 4 To-Do's		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started my diffuser, applied oil		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
		today I learned
Day 5 To-Do's		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Started my diffuser, applied oil		
<input type="checkbox"/> shared accountability in group		focus + intention
<input type="checkbox"/> shared accountability socially		
		today I learned

Rediscover Your Hope Challenge Journal

Week 3

Name	Primary Goal	Weekly Goal
Day 1 Tasks		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, apply oil, drink lemon water		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 2 Tasks		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, apply oil, drink lemon water		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 3 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, apply oil, drink lemon water		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 4 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, apply oil, drink lemon water		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 5 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, apply oil, drink lemon water		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned

Rediscover Your Hope Challenge Journal

Week 4

Name	Primary Goal	Weekly Goal
Day 1 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, Apply, Drink, Connect		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 2 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, Apply, Drink, Connect		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 3 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, Apply, Drink, Connect		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 4 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, Apply, Drink, Connect		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned
Day 5 To-Do's		
Today's Main Action Step		
<input type="checkbox"/> Read today's challenge		
<input type="checkbox"/> Diffuse, Apply, Drink, Connect		focus + intention
<input type="checkbox"/> shared accountability in group		
<input type="checkbox"/> shared accountability socially		today I learned