

Challenge Addict

Start Your New Challenge Today

5-Day No Smoking Challenge

This worksheet is not about recording your day to day thoughts. This is about getting in the right mindset before you start the challenge.

I want you to go into this no smoking challenge knowing why you are doing it and what benefits you will receive from it.

I want you to make it a rewarding experience that you look forward to (as much as possible). Doing THAT will help you stick with the challenge from (at least) day 1 to day 5.

List out reasons the reasons you want to take on this challenge, including money, health, relationships, confidence, success, etc. Make sure to write out an explanation. The more you write, the more inspired you will get to take on the challenge.

Reason	Explanation
Example: Health	I have a permanent cough that scares me and I would like to get rid of it.

Take your next challenge at <http://challengeaddict.com>