

# CHALLENGE TO EXCELLENCE

**Make copies for everyone in your family.**



When we are in the middle of improving our lives, endeavoring to be more positive, or stretching out of our comfort zones, we need to continue to remind ourselves that we are on the right track. An effective way to do this is to keep a Victory Log. Even the smallest victories are proof that we are making headway.

When we accompany this with gratitude for all the wonderful things in our lives, we become healthier and have more positive attitudes. What we convey to the universe is what we receive.

**My Victories. Go ahead and fill pages!**

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