



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

30 Day Clarity Challenge



Days 1-29 (15 minutes per day) **Answer the following 3 questions in detail**

1. What filled me with enthusiasm today?
2. What drained me of energy today?
3. What did I learn about myself today?

Day 30 (1 hour needed)

Graduation Day!

1. Take 45 minutes to read your entries from day 1-29.
2. Take 15 minutes and answer the same 3 questions with 1 sentence each that summarizes what you wrote for 29 days.
3. What did you learn about yourself and what are next steps?