

Day 1 of the 14 Day Challenge “Your Story, Your Life.”

“Where you discover that the Story You Tell becomes the Life that You Live.”
-SusanJoy Grieco, Seminar Leader & Writer

Congratulations! Welcome to Day 1!

Tools You’ll Need: a notebook and pen or a laptop or device and curiosity, courage and commitment!

Time You’ll Need: 10 minutes plus any extra time you wish

1- Why are you here in this challenge?

2- On scale of 1 to 10 (10 being fantastic) rate how you feel and think about your:

- Body _____
- Relationships _____
- Work _____
- Money _____
- Mind _____
- Home _____
- Car _____
- Other _____

3- Now create your own pie charts by creating a slice for each topic. And then fill in based on the numbers. For example a 5 rating gives you a half eaten slice, and 8 only is

a couple bites.



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