



2. \_\_\_\_\_

why \_\_\_\_\_

3. \_\_\_\_\_

why \_\_\_\_\_

4. \_\_\_\_\_

why \_\_\_\_\_

## **2 Minute Challenge**

*These are my good habits...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*These are the books I want to read:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### *Changing to a Positive Mindset*

*Obstacle:* \_\_\_\_\_

*Some solutions:* \_\_\_\_\_

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*What techniques did I use to find these solutions:*

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The Apprentice Millionaire notes:

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## **5 Minute Challenge - Positive Mindset**

*These are the things I feel good about:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*What things put me in a positive mindset? (music, talking to friends, etc)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Who can I talk to when I need to feel positive about my goals and dreams?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Which books will I read to stay positive?*

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