

Challenge: Compare to Your Past, Not Others

Instructions:

Take a moment to reflect on your own journey and progress. For this challenge, you'll focus on comparing yourself to your **past self** and celebrating your personal wins.

Step 1: Identify Three Wins

Write down **three things you can do now that you couldn't do a year ago** (or even 6 months ago). These could be related to fitness, nutrition, mindset, or anything meaningful to you.

Examples:

- Running a mile without stopping.
- Preparing balanced meals consistently.
- Saying no to food guilt.

My Wins:

1.

 2.

 3.

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Step 2: Set a "Future You" Goal

Choose one area where you want to see progress in the next 6 months. Make this goal realistic and meaningful to you.

Examples:

- Drink 80 oz of water daily.
- Squat your body weight.
- Stop negative self-talk.

My Goal:

Step 3: Visualize and Plan

Write down one **action you can take this week** to get closer to that goal. Make it specific and actionable.

Examples:

- Prep a water bottle every night to hit hydration goals.
- Add 5 lbs to your squat next session.
- Journal daily to reframe negative thoughts.

My Weekly Action:
