

# 5 Day Challenge

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*Worksheet* with bebo mia inc.

## Day 5 - WRITE THAT SH\*T DOWN!

We know that the **most successful people in the world** write down their goals! **They review them everyday.** It helps you keep that laser focus that is needed to get you all the things that you want!

Depending on who you are and what puts a spark under your butt you will want to create something that will be a daily reminder to stay focused on your goals.

**THIS IS THE FUN PART...**

**Make a daily reminder of your goals! What can it be?**

- Affirmations written on pretty paper pinned up on your wall.
- A vision board.
- Images of what you want as your screensaver on your phone or laptop.
- Pinged reminders coming through your phone.
- A piece of writing or short-sentence writing your outcome 'as if' it is already here.

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## Homework:

**Make a visual of your goals and future you to keep you on track with your keystone habit.**

**Review it daily!**

Homework Notes:

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## WANT MORE SUPPORT?

Head over to [training.bebomia.com](https://training.bebomia.com) and check out our Don't-Doula-It-Yourself Business Membership for more great tips, helpful videos, community support and for business lessons! We would love to have you!

