ISO 2.0 CHALLENGES

FOR THE NEXT SIX WEEKS, I WILL TRY TO DO ALL THE CHALLENGES BELOW!

INSIDE GROWTH

I WILL GROW IN INNER RESILIENCE

I will be tougher:

1. I will not complain to my friends and parents
2. I will stay out of my room for most of the afternoon
3. I will not snack between meals

I will have more courage:

4. I will invite a friend to a Heathgrove activity
5. I will organise an event for a friend to enjoy

I WILL APPRECIATE COMMITMENT

I will get involved in the life of others:

6. I will phone my grandma/grandpa or a close relative
7. I will help with chores without being asked to help

I will be committed to:

8. Do a daily exercise routine
9. Find a project at home and do it

I will take my faith & values seriously:

10. I will do ten to fifteen minutes of prayer daily
11. I will look for answers to the questions I have

I WILL LOVE THE TRUTH

I will say the truth:

12. I will call my friends out when gossiping or change the topic of conversation when inappropriate

I will be sincere with myself:

13. I will examine my conscience at night
14. I will look for spiritual guidance to gain better self-knowledge

ISO 2.0 CHALLENGES

CALENDAR TO KEEP TRACK OF GOALS. RE-READ THE CHALLENGES AND THEN GIVE YOURSELF A SCORE OUT OF 14 EACH DAY

INSIDE GROWTH

WEEK ONE- Start Date: _____

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TOTALS FOR THE WEEK							

ISO 2.0 CHALLENGES

CALENDAR TO KEEP TRACK OF GOALS. RE-READ THE CHALLENGES AND THEN GIVE YOURSELF A SCORE OUT OF 14 EACH DAY

INSIDE GROWTH

WEEK TWO- Start Date: _____

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TOTALS FOR THE WEEK							

ISO 2.0 CHALLENGES

CALENDAR TO KEEP TRACK OF GOALS. RE-READ THE CHALLENGES AND THEN GIVE YOURSELF A SCORE OUT OF 14 EACH DAY

INSIDE GROWTH

WEEK THREE- Start Date: _____

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TOTALS FOR THE WEEK							

ISO 2.0 CHALLENGES

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INSIDE GROWTH

WEEK FOUR- Start Date: _____

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TOTALS FOR THE WEEK							

ISO 2.0 CHALLENGES

CALENDAR TO KEEP TRACK OF GOALS. RE-READ THE CHALLENGES AND THEN GIVE YOURSELF A SCORE OUT OF 14 EACH DAY

INSIDE GROWTH

WEEK FIVE- Start Date: _____

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