

CHOICE TRACKER

VICTIM OR HERO?

CHOOSE TO STEP FORWARD INTO GROWTH
MORE AND MORE CONSISTENTLY

DURING THE NEXT WEEK, KEEP TRACK OF THE MOMENTS WHEN YOU EXPERIENCE A CHOICE-POINT AND DECIDED TO GO FORWARD INTO GROWTH. NOTE THESE MOMENTS WITH A SIMPLE "+" OR PROVIDE MORE DETAIL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday