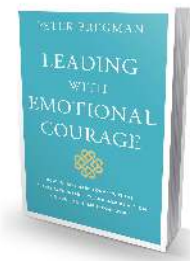


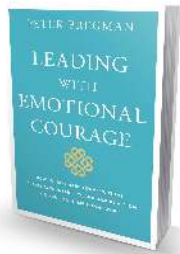
30-day **EMOTIONAL COURAGE CHALLENGE** Journal

Challenge	What did you notice as you completed this challenge? What did you feel and where did you feel it? What did you learn? In what way are you stronger?
<p>Pre-Challenge:</p> <p>I did the challenge! <input type="checkbox"/></p>	<p>I journaled <input type="checkbox"/></p> <p>I posted using #EmotionalCourage <input type="checkbox"/></p>
<p>Challenge 1:</p> <p>I did the challenge! <input type="checkbox"/></p>	<p>I journaled <input type="checkbox"/></p> <p>I posted using #EmotionalCourage <input type="checkbox"/></p>
<p>Challenge 2:</p> <p>I did the challenge! <input type="checkbox"/></p>	<p>I journaled <input type="checkbox"/></p> <p>I posted using #Emotional Courage <input type="checkbox"/></p>



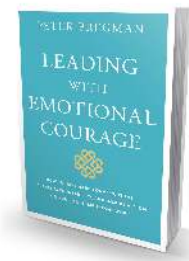
30-day **EMOTIONAL COURAGE CHALLENGE** Journal

Challenge	What did you notice as you completed this challenge? What did you feel and where did you feel it? What did you learn? In what way are you stronger?
Challenge 3: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
Challenge 4: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
Challenge 5: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #Emotional Courage <input type="checkbox"/>



30-day **EMOTIONAL COURAGE CHALLENGE** Journal

Challenge	What did you notice as you completed this challenge? What did you feel and where did you feel it? What did you learn? In what way are you stronger?
Challenge 6: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
Challenge 7: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
Challenge 8: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #Emotional Courage <input type="checkbox"/>



30-day **EMOTIONAL COURAGE CHALLENGE** Journal

Challenge	What did you notice as you completed this challenge? What did you feel and where did you feel it? What did you learn? In what way are you stronger?
Challenge 9: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
Challenge 10: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #EmotionalCourage <input type="checkbox"/>
BONUS: I did the challenge! <input type="checkbox"/>	 I journaled <input type="checkbox"/> I posted using #Emotional Courage <input type="checkbox"/>