

Level Up

Are you focusing on what's left to do and overlooking the big and small wins you've made in life? Take the opportunity to celebrate those wins and reflect on how amazing you are and the progress you've made. And when you're ready for the next step and need motivation to get started, remember to use your Life Coaching benefit through EFR!

Challenges

Write down past accomplishments

Identify one goal for this month

Practice something you wish to improve

Use your life coaching benefit through EFR



March						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				