

Weekly Check-in

Week 1

How are you feeling about
"No Spend Challenge"?

Are you still motivated?

What was your biggest
obstacle this week?

What changes will you make
to reach your goals next
coming week?

Week 2

How are you feeling about
"No Spend Challenge"?

Are you still motivated?

What was your biggest
obstacle this week?

What changes will you make
to reach your goals next
coming week?

"Every time you push through failure there's
always a prize for you on the other side."
– Barbara Corcoran

Weekly Check-in

Week 3

How are you feeling about
"No Spend Challenge"?

Are you still motivated?

What was your biggest
obstacle this week?

What changes will you make
to reach your goals next
coming week?

Week 4

How are you feeling about
"No Spend Challenge"?

Are you still motivated?

What was your biggest
obstacle this week?

What changes will you make
to reach your goals next
coming week?

"If I've learned one thing in this life it's this:
even if you lose, don't lose the lesson."
- - Daymond John