

40 Day Challenge

JUST SHOW UP MAN

Week 1 Mission – Journaling

“The unexamined life is not worth living” –Socrates

This week’s mission is to journal 5 days of the week and write down three things you did well each day, and one thing you can improve on each day. That’s it! This shouldn’t take more than a few minutes each day. It may be best to journal at the end of the day but feel free to journal at a time of day that works best for you, and if you want to journal more than the assignment please do so!

Scoring: 1 point for each day that you journal, and 1 BONUS point if you journal more than 5 days of the week (6 points max with the bonus)

Journal day 1

Journal day 2

Journal day 3

Journal day 4

Journal day 5

Journal day 6 and/or 7

 Total Week 1 Points (6 max)

Join Zoom call on Sunday evening to recap the week, check-in, share feedback, prayer requests, and receive week 2 mission.

Example journal entries:

Day 1

3 things I did well...

1. Made breakfast for my family
2. Said hello to my neighbor
3. Started journaling today

1 thing I can improve on...

1. Obey all traffic laws

Day 2

3 things I did well...

1. Obeyed all traffic laws
2. Played with my kids
3. Went for a walk

1 thing I can improve on...

1. Pay more attention to my wife