

The 28 Day Positive Results Focus

Day 1			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 2			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 3			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 4			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 5			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 6			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 7			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 8			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 9			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 10			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 11			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 12			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 13			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 14			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 15			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 16			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 17			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 18			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 19			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 20			Date	3 Key Achievements	
	Positive Result	Why It's Important	Further Progress	Next Step	
1					
2					
3					

Day 21			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 22			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 23			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 24			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 25			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 26			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 27			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						

Day 28			Date		3 Key Achievements	
	Positive Result	Why It's Important	Further Progress		Next Step	
1						
2						
3						