



## Paving a Positive Pathway Challenge

### *Challenge Checklist*

<b>WEEK 1</b>	Stated a positive affirmation daily.	<input type="checkbox"/>
<b>WEEK 2</b>	Turned a negative into a positive.	<input type="checkbox"/>
<b>WEEK 3</b>	Practiced daily self-compassion.	<input type="checkbox"/>
<b>WEEK 4</b>	Practiced daily gratitude.	<input type="checkbox"/>

*This is to be turned in at the end of the challenge.*

Name \_\_\_\_\_ Department \_\_\_\_\_