

*T. Harv Eke's*

7-DAY  
NO COMPLAINING CHALLENGE  
WORKSHEET



# DAY 1

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS

# DAY 2

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS

# DAY 3

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS



# DAY 4

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS

# DAY 5

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS

# DAY 6

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS

# DAY 7

## FOCUS

## DECLARATION

## NOTES / TAKEAWAYS