

The Challenge Journal can be used taking part in *The collector mentor Challenge™*. You will want to use a separate sheet for each challenge.

Instructions: Take a moment to reflect on your thoughts, observations, and experiences as you complete each challenge and then answer the questions below. You might consider putting together a binder so that you can store completed worksheets for review and reflection at a later date.

PERSONAL REFLECTION

Challenge Date _____ Topic _____

1. What did I learn about myself this week as a result of challenge?
2. How can I continue to benefit from this challenge in the future?
3. What was my biggest takeaway?
4. What positive changes could I make going forward in order to maximize the benefit of this challenge?
5. How would continual practice of this challenge change my life?