

# 14 Day Passion Challenge

## *Worksheets*

DEVELOPED BY JUDY JANSE VAN RENSBURG

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# daily top 5

**DATE**

**NB CALLS TO MAKE**

**DAILY TOP 5**

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....



**NB MAILS TO SEND**



**DELEGATE**

NOT EVERYTHING THAT COULD BE DONE, SHOULD BE DONE.

# Stop tolerating

**WHAT AM I TOLERATING AT PRESENT?**

**HOW CAN I DELEGATE, RESOLVE OR LET GO OF THIS TOLERATION?**

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

**Notes**

# Fueled or fooled?



WHAT DRAINS YOUR ENERGY?

PEOPLE

PLACES

OBJECTS

SITUATIONS

FOOD

RELATIONSHIPS

# Fueled or fooled?



WHAT GIVES YOUR ENERGY?

PEOPLE

PLACES

OBJECTS

SITUATIONS

FOOD

RELATIONSHIPS

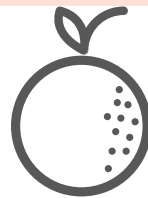
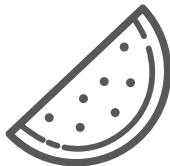
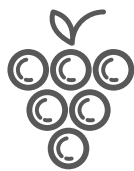
# Nutrition chart

WHAT DID I CONSUME TODAY?

H2O  
DAILY 8



FRUIT  
SERVINGS



ENERGISING  
FOOD



# Motivation

I DO THIS TO AVOID PAIN



I FEEL GOOD WHEN I DO THIS

