

MAX Life Accelerator

Day 3: Challenging Yourself

How are you currently challenging yourself?

Challenging yourself often leads to consistent growth and success. How often do you currently challenge yourself? In what areas or ways are you currently challenging yourself? Is there anything you feel strongly enough about to try to push harder? Is there anything that you feel doesn't align with your current values, and maybe you should give yourself some grace?

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How can you challenge yourself more?

Challenging yourself can help you explore and find things that ignite a fire in your soul. It might seem like a daunting task, but challenging yourself can be fun! What is something new you've always wanted to try? Think creatively about exciting ways you can challenge yourself so you can think of it more as a natural desire to branch out rather than pushing yourself out of your comfort zone. These ideas can be big or small, as long as they give you insight about yourself.

Heather to the MAX