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**30 Day Journal Challenge**

 This Journal is the most precious gift I could think to give because of what it can do to change your life. My challenge to you is to take 5 minutes at the beginning or end (preferably both) of each day to write in this book. It doesn’t have to be anything specific, there are no right or wrong answers, just put something in it every day for 30 days. At first it can be as mundane as to do lists or random doodles, but at least 5 minutes every day for 30 days. I would like to suggest starting by writing down 10-year goals on the first page. 1 personal, 1 professional, and 1 wellness. Reread that first page everyday before you begin. Then write about what excites you, what inspires you. What stories to remember so you can share the experience with a child or grandchild many years later. This isn’t a diary but hopefully it will become the most valuable and cherished book in your library. I have just begun this process and it has been a revealing experience. It has helped me to gain a lot of focus and clarity in my life. It’s also kind of scary. If this exercise has a similar effect for you, I truly believe it will provide a catalyst for you to have a breakout year and realize your dreams and maybe reevaluate the time table for those 10 year goals. Or maybe just change your perspective. Thank you all for the influence and impact you have had on my life, I am grateful to know you and consider you my friend.

Kind Regards,

Nate G.