



# Write It



The Write it Challenge invites you to keep a journal for 20 days during the next 30 days. It doesn't matter if you use a computer or paper and pen. You can write for as little or as long as you'd like. The goal is to see what journaling can do for you. Don't worry about grammar or punctuation. Don't spend too much time thinking about what to write- just let your stream of consciousness flow. Keep it private so you can write about whatever you want without worrying about what other people will think. Journaling could be the best (and cheapest) therapy you can give yourself. To complete this challenge, track "YES" for 20 days throughout the challenge.

Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	Aug 13	Aug 14
Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
Aug 22	Aug 23	Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
Aug 29	Aug 30	Aug 31				

I've completed the challenge!

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(Print Name)