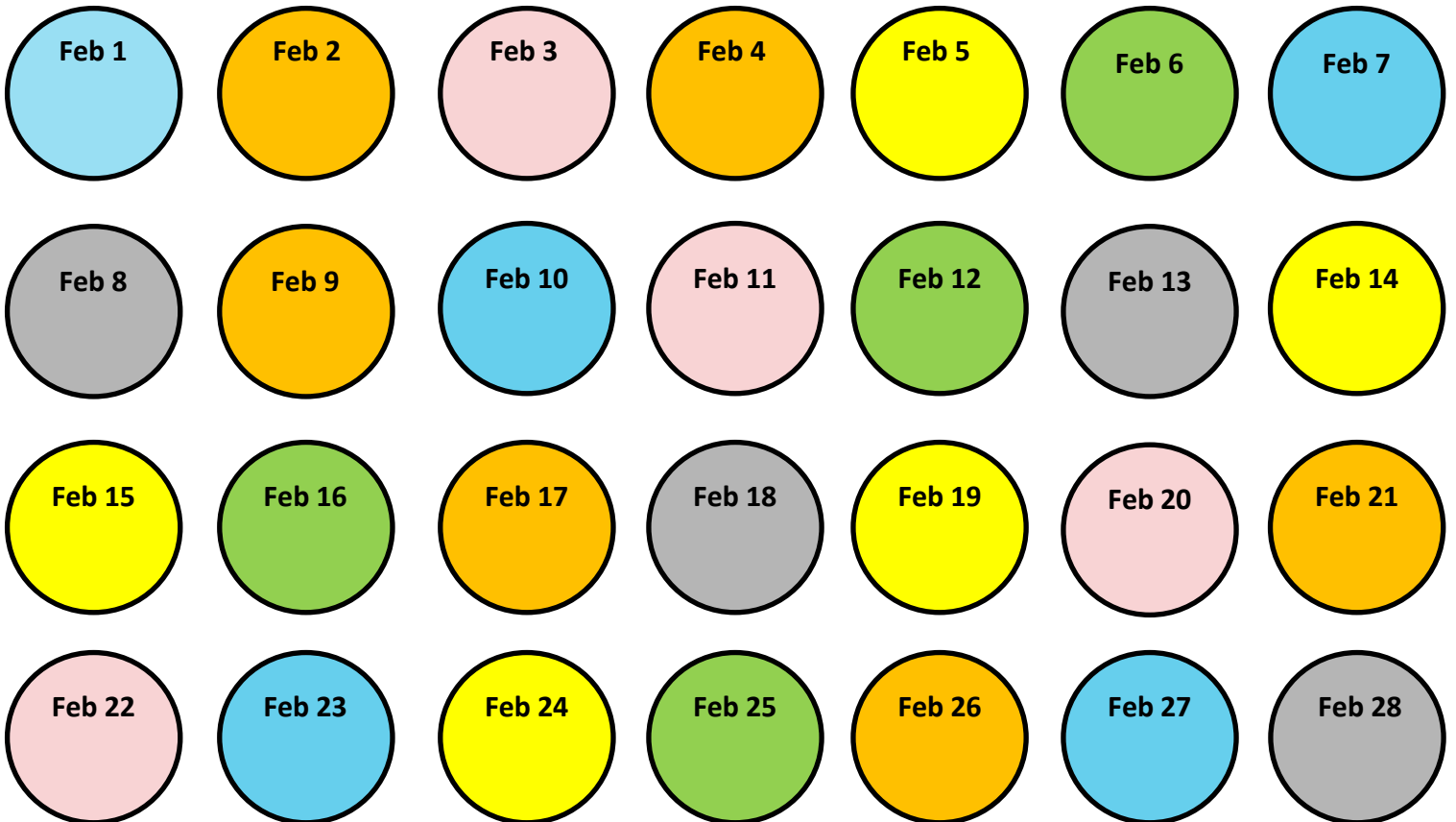# Excuse Me

The Excuse Me Challenge invites you to no say anything negative about yourself for 30 days. If you catch yourself doing that, quickly say something positive about yourself and go forward from there. On the surface, the challenge may seem easy, but unfortunately negative self-talk is a habit for many. People make self-deprecating comments as a form of humor or in an effort to be modest or humble, but such comments are not good at all. To complete the challenge, track "YES" for 30 days.

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

I've completed the challenge!

_____

(Print Name)