



THE 24-HOUR CHALLENGE

Identify situations and the language or phrases you used that may have represented whining, complaining, or making excuses. Consider why you felt the need to do this. Assess what impact your behavior had on others.

<i>Situation</i>	<i>Language</i>	<i>Why?</i>

Try It

For the next 24 hours, challenge yourself not to whine, complain or make excuses about anything. Evaluate the impact of this behavior on others and yourself.