



HERE IS A PRACTICE FROM THE CHAAP THAT I WOULD LIKE TO TAKE ON FOR MY LIFE, OR AT LEAST FOR THE NEXT MONTH!

I have learned something about myself through the CHAAP Challenge.



I have learned that _____

I have learned the power of daily practices.



They _____



I DIDN'T CHAAP YET, BUT I WILL!!



I CHAAPED!

I can always
START OVER
and
TRY AGAIN
with
ONE SMALL PRACTICE



What will it be? _____

I can feel the growth in myself over these five weeks.



It feels good that _____

Acts of Self Control!

BRING



FREEDOM AND POWER!

I WASN'T ABLE TO KEEP UP WITH THE CHAAP CHALLENGES.

WHY? _____



Can I take on something now?



I HAVE ACTUALLY BEEN EMBEDDING AN IDENTITY IN MYSELF OVER THESE FIVE WEEKS. WHAT WAS THAT IDENTITY?
