



MY GOAL

"RISING STRONG"

By Brene Brown - Rising after falling, where courage is tested & values are forged.

RESOURCES: Purchase 'Rising Strong' by Brene Brown

SUGGESTED GOAL PAIRINGS: Daily Meditation - Social Media Fast - Weekly Mentoring Sessions

PROGRESS: For each of the 11 chapters in the book you read, color in a box.

A progress tracker for the book "Rising Strong". It features a grey header with two black punch holes and the text "RISING STRONG CHAPTERS" in white. Below the header is a grid of 11 white boxes, each containing a chapter number from 1 to 11. The boxes are arranged in three rows: the first row has boxes 1-4, the second row has boxes 5-8, and the third row has boxes 9-11. The bottom right corner of the grid is empty.

RISING STRONG CHAPTERS			
CHAPTER 1	CHAPTER 2	CHAPTER 3	CHAPTER 4
CHAPTER 5	CHAPTER 6	CHAPTER 7	CHAPTER 8
CHAPTER 9	CHAPTER 10	CHAPTER 11	