



MY GOAL

ZIP IT CHALLENGE

A challenge to refuse the urge to nag, complain or nit-pick. Just zip it.

CHALLENGE DETAILS: Zip it. No nagging, complaining, nit picking, belly aching, negative talk of any sort. When you catch yourself spewing negativity, stop in mid-sentence. Bite your tongue. Refuse to be the source of negativity in your family. Be a joy to be around instead. Speak love and encouragement.

SUGGESTED GOAL PAIRINGS: Love Languages - Family Dinners - 5 Things I Love About You Letters

PROGRESS: For each time you successfully zip it, color in the box.

A progress tracker for the ZIP IT CHALLENGE. It features a pink header with two punch holes and the text "ZIP IT CHALLENGE" in white. Below the header is a grid of 20 white boxes, each containing the text "I ZIPPED IT" in pink. The grid is arranged in 4 rows and 5 columns.

ZIP IT CHALLENGE				
I ZIPPED IT	I ZIPPED IT	I ZIPPED IT	I ZIPPED IT	I ZIPPED IT
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