



## EXTREME BUSINESS

WITH COACH BARROW

GRATITUDE	CHALLENGES AND LESSONS
<i>List a few things you're grateful for when you look back on 2018.</i>	<i>List the three biggest challenges you dealt with in 2018 and write down what you're learning from them.</i>
1.	Challenge:
2.	<i>Lesson:</i>
3.	Challenge:
4.	<i>Lesson:</i>
5.	Challenge:
6.	<i>Lesson:</i>

PEOPLE I'M THANKFUL FOR	GOOD THINGS ABOUT 2018
Use this space to list some people who made your life a little better this year.	Take some time to write down some positive things that happened this year.