Red Vest Mindset

Mark a **PLUS (+)** day when you:	Mark a **MINUS (-)** day when you:
• Felt like a winner. • Made someone else feel like a winner. • Knocked out one major goal.	• Let your frustrations win. • Spun your wheels. • Made someone else feel small.
YOUR GOAL	
Avoid 3 MINUS days in a row.	

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