

# 24 Hour Thought Tracker Challenge **WORKBOOK**

IT'S YOUR TIME

[WWW.SUCCESSBYDESIGNTRAINING.COM](http://WWW.SUCCESSBYDESIGNTRAINING.COM)



# 24 Hour Challenge Workbook - Track your Thoughts

## Welcome to the 24 Hour Thought Tracker Challenge

(Use this workbook to complete the challenge & make your notes)

### Challenge Explained:

1. Track your thoughts for 24 hours, every time a thought comes up write it down
2. For bonus points write down what triggered the thought (the thing that happened moments before the thought)
3. For super bonus points write down the time the thought occurred

Your observations will help you release the subconscious programming you've picked up over a lifetime.

**WRITE DOWN YOUR THOUGHTS AS THEY POP UP THROUGHOUT THE DAY (IN AS MUCH OR AS LITTLE DETAIL AS YOU PREFER)**



# Track your Thoughts...continued

**WRITE DOWN YOUR THOUGHTS AS THEY POP UP THROUGHOUT THE DAY (IN AS MUCH OR AS LITTLE DETAIL AS YOU PREFER)**



# Track your Thoughts, bonus option

**THOUGHT**

**TRIGGER**

**TIME**



# Track your Thoughts, bonus option...continued

**THOUGHT**

**TRIGGER**

**TIME**



# 24 Hour Thought Tracker Challenge

---

**Visit our website  
to find out about other training we offer  
[www.successbydesigntraining.com](http://www.successbydesigntraining.com)**

If you have a questions or want to  
request a call email:  
[hello@successbydesigntraining.com](mailto:hello@successbydesigntraining.com)

**IT'S YOUR TIME**