



# VIBRANCY-COLOURED LIFE 7-DAY CHALLENGE

What activities will you do this week to have a more vibrant-coloured life?

Tick off your tracker and note down any insights or reflections.

1

Notes/insights:

2

Notes/insights:

3

Notes/insights:

4

Notes/insights:

5

Notes/insights:

6

Notes/insights:

7

Notes/insights: