



# 10 Minute Challenge Goal Tracker

Even a little bit of daily progress adds up. As LSL professionals, that's the motto that we're holding firm to as we kick off the new year with new goals, milestones and opportunities to enhance our LSL practice. Your challenge is to engage with available technology for just 10 minutes a day for thirty days to help enhance your LSL practice and grow your network. Log-in to the Hearing First Professional Learning Community for daily challenge ideas to complete and share with others.

## GOALS OF 10 MINUTE CHALLENGE

One Thing I Want to **Seek**: \_\_\_\_\_

One Thing I Want to **Sense/Think About**: \_\_\_\_\_

One Thing I Want to **Share With Another**: \_\_\_\_\_

DAY	CHALLENGE DESCRIPTION	COMPLETED
1	_____	<input type="checkbox"/>
2	_____	<input type="checkbox"/>
3	_____	<input type="checkbox"/>
4	_____	<input type="checkbox"/>
5	_____	<input type="checkbox"/>
6	_____	<input type="checkbox"/>
7	_____	<input type="checkbox"/>
8	_____	<input type="checkbox"/>
9	_____	<input type="checkbox"/>
10	_____	<input type="checkbox"/>
11	_____	<input type="checkbox"/>
12	_____	<input type="checkbox"/>
13	_____	<input type="checkbox"/>
14	_____	<input type="checkbox"/>
15	_____	<input type="checkbox"/>



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DAY	CHALLENGE DESCRIPTION	COMPLETED
16	_____	<input type="checkbox"/>
17	_____	<input type="checkbox"/>
18	_____	<input type="checkbox"/>
19	_____	<input type="checkbox"/>
20	_____	<input type="checkbox"/>
21	_____	<input type="checkbox"/>
22	_____	<input type="checkbox"/>
23	_____	<input type="checkbox"/>
24	_____	<input type="checkbox"/>
25	_____	<input type="checkbox"/>
26	_____	<input type="checkbox"/>
27	_____	<input type="checkbox"/>
28	_____	<input type="checkbox"/>
29	_____	<input type="checkbox"/>
30	_____	<input type="checkbox"/>

## REFLECTION: WHAT I LEARNED FROM THE 30 DAY CHALLENGE

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