

# CHALLENGE LADDER

## PROGRESS TRACKER

*"You don't have to see the whole staircase, just take the first step." — Martin Luther King Jr.*

MY QUEST: \_\_\_\_\_

DATE: \_\_\_\_\_

★ LEVEL 50 — THE SUMMIT



◆ LEVEL 25 — MILESTONE



● LEVEL 5



● LEVEL 4



● LEVEL 3



● LEVEL 2



▶ LEVEL 1 — FIRST STEP



HOW TO USE: 1) Write your quest above. 2) Set Level 1, 25, and 50 goals. 3) Focus only on the current level.  
4) When you complete a level, define the next one. 5) Repeat until you reach Level 50. You just need the next step!