

SECRET YETI AGENT CHALLENGE THREE ROAR'O'METER



My personal challenge is

Decide on a personal challenge, or choose one from the list below. It should be something you find tricky that can be worked on over the next six weeks.

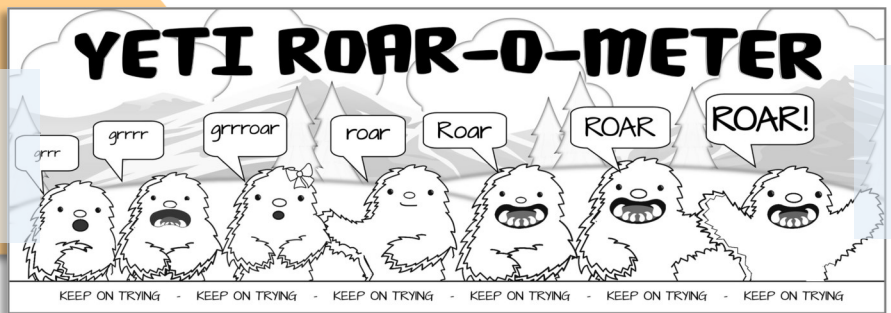
Measure how confident you feel about your challenge each week by marking the **Roar'O'Meter** to show how you feel.

REMEMBER six weeks practise doesn't make you an expert, but ... hopefully you should feel your confidence growing through determination and perseverance.

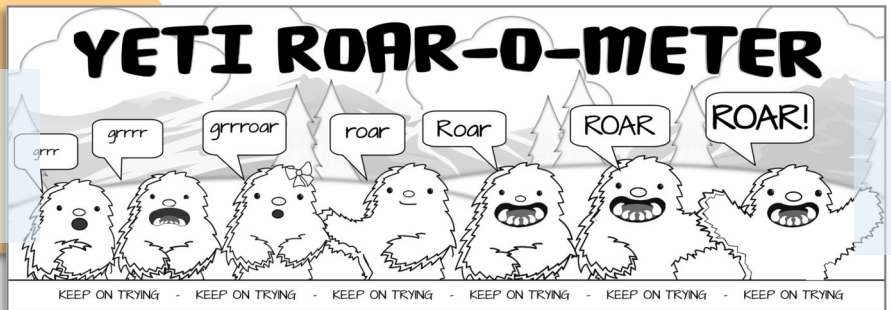
YETI ROAR-O-METER



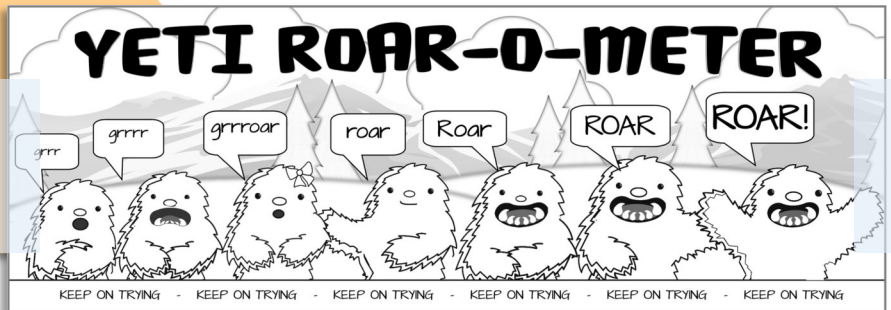
Week 1



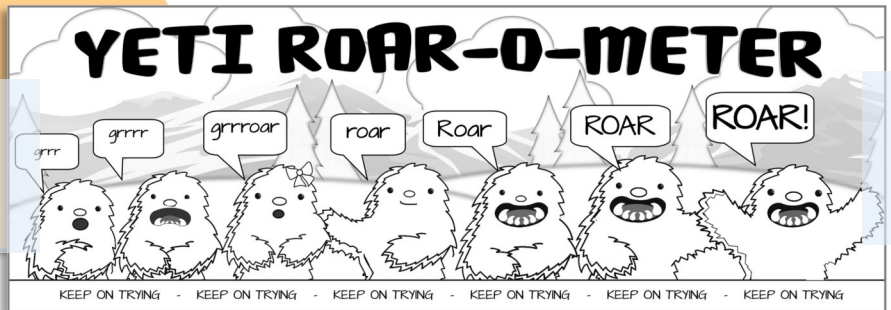
Week 2



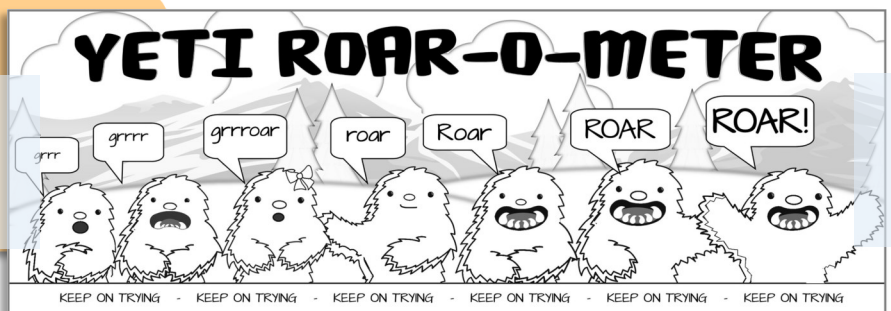
Week 3



Week 4



Week 5



Week 6

