

# CHALLENGE

Each time someone tells you NO, cross out one of the NO's listed below. Set yourself a goal to get all 100 NO's crossed out within the next 30 days.



NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no
NO	no	NO	no	NO	no	NO	no	NO	no

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# CELEBRATE!

Each time someone tells you YES, circle one of the YES's listed below.



YES	yes	YES	yes	YES	yes	YES	yes	YES	yes
YES	yes	YES	yes	YES	yes	YES	yes	YES	yes

# MEMORY JOGGER



Across the street  
Adventurist  
Always having parties  
Ambitious  
Apartment Manager  
Art Instructor  
Attractive  
Bald Headed  
Bank Tellers Barber  
Baseball team  
Basketball team  
Best dressed  
Best personality  
Best salesman  
Best smile  
Blonde hair  
Boss  
Bought car from you  
Bowling league  
Brunette  
Bus driver  
Car repair  
Carpenter  
Cell phone contacts  
Choir  
Christmas card list  
Church  
Coaches  
College  
College coach  
College students  
Computer programmer  
Confident people  
Contractor  
Cowboy hat  
Co-worker  
Dance class/teacher  
Day care center  
Deep voice  
Delivers Parcels & Packages  
Doctor  
Does odd jobs  
Downsized/laid off/fired  
Drives Cadillac  
Drives Chevy  
Drives Dodge  
Drives Ford  
Dry Cleaners  
Eat out with  
Editor  
Electrician  
Enthusiastic  
Entrepreneurial  
Eye Glasses  
Finger nail technician  
Fire Chief

Fireman  
Former boss  
Former Church  
Former co-worker  
Former Neighbors  
Former roommate  
Friends  
Furniture salesman  
Garage Mechanic  
Goal oriented people  
Goes bowling  
Golf Pro  
Good with computers  
Grocery store worker  
Handsome  
Has a dangerous job  
Has a pick-up truck  
Has expensive taste  
Has hunting license  
High Achievers  
High School  
High School reunion  
High self esteem  
High voice  
Hobbies  
Home address book  
Hunter  
In another city  
In management  
Interior decorator  
Just had a baby  
Just married  
Lab technician  
Landlord  
Librarian  
Lifeguard  
Likes cards  
Likes to camp  
Likes to debate  
Likes to play golf  
Little League  
Mailman  
Minister  
Most integrity  
Most likely to succeed  
Most outgoing  
Most popular  
Most trustworthy  
Motel owner  
Moustache  
Music Lessons  
Music Teacher  
Natural leaders  
Needs more money  
Neighbors  
New car

Notary Public  
Office manager  
Office skills  
On a diet  
On the corner  
Optimistic  
Out of state  
Owns a restaurant  
Owns my apartment  
P.T.A.  
Painted my house  
Parent's friends  
Pilot/airline employee  
Play cards  
Plays an instrument  
Policeman  
Positive thinker  
Postman  
Preacher  
Printer  
Public speaking skills  
Quit smoking  
Real Estate Agent  
Realtor  
Recent promotion  
Red head  
Repaired my electronics  
Restaurant owner  
Rides the bus  
Runs a beauty shop  
Salesperson  
School principal  
School reunions  
Seamstress  
Secretary  
Self motivated people  
Sells business clothes  
Sells flowers  
Senior citizen  
Sheriff  
Shortest  
Single Dad  
Single Moms  
Soccer Mom  
Sold you a car  
Son/Daughter just married  
Spa or health club  
Speech class  
Step children  
Student  
Successful people  
Surgeon  
Tallest  
Taxi driver  
Teachable people  
Teachers

Teaches my kids  
Team concept people  
Tells jokes  
Thrifty  
Track team  
Twins  
Uncles/Aunts  
Unemployed  
Vacationed with  
Waitress  
Was in my car pool  
Was my teacher  
Wears a beard  
Web designer  
Wedding list  
Wedding photographer  
Welder  
Where you grew up  
Who you call for help  
Work out with  
Workaholic  
Works a second job  
Works for the city  
Works for the state  
Works in sales  
Works nights  
Works shifts  
Works weekends  
Air Force  
Army  
Coast Guard  
Navy Buddy  
R.O.T.C.  
Veterans  
Chiropractor  
Dentist  
Dietician  
Family Doctor  
Nurse  
Orthodontist  
Pediatrician  
Surgeon  
Clubs:  
Book club  
Golf club or group  
Lion's club  
Rotary club  
Toastmasters  
YMCA  
YWCA  
Brother  
Cousin  
Grandparents  
Sister  
Uncle  
In-laws