

## Défi 5 qualités par jour durant 21 jours

**Jour 1**

---

---

---

---

---

**Jour 2**

---

---

---

---

---

**Jour 3**

---

---

---

---

---

**Jour 4**

---

---

---

---

---

**Jour 5**

---

---

---

---

---

**Jour 6**

---

---

---

---

---

**Jour 7**

---

---

---

---

---

**Jour 8**

---

---

---

---

---

**Jour 9**

---

---

---

---

---

**Jour 10**

---

---

---

---

---

**Jour 11**

---

---

---

---

---

**Jour 12**

---

---

---

---

---

### Jour 13

---

---

---

---

---

### Jour 14

---

---

---

---

---

### Jour 15

---

---

---

---

---

### Jour 16

---

---

---

---

---

### Jour 17

---

---

---

---

---

### Jour 18

---

---

---

---

---

## Jour 19

---

---

---

---

---

## Jour 20

---

---

---

---

---

## Jour 21

---

---

---

---

---

**Quels sont tes prises de conscience?**

---

---

---

**Qualités de l'autre (conjoint(e), ami(e), partenaire de travail, enfant**

**Jour 1**

---

---

---

---

---

**Jour 2**

---

---

---

---

---

**Jour 3**

---

---

---

---

---

**Jour 4**

---

---

---

---

---

**Jour 5**

---

---

---

---

---

**Jour 6**

---

---

---

---

---

## Jour 7

---

---

---

---

---

## Jour 8

---

---

---

---

---

## Jour 9

---

---

---

---

---

## Jour 10

---

---

---

---

---

## Jour 11

---

---

---

---

---

## Jour 12

---

---

---

---

---

### Jour 13

---

---

---

---

---

### Jour 14

---

---

---

---

---

### Jour 15

---

---

---

---

---

### Jour 16

---

---

---

---

---

### Jour 17

---

---

---

---

---

### Jour 18

---

---

---

---

---

## Jour 19

---

---

---

---

---

## Jour 20

---

---

---

---

---

## Jour 21

---

---

---

---

---

**Quels sont tes prises de conscience?**

---

---

---