

# The REPS Journal

*"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."*

John C. Maxwell

The REPS Journal is the tool to help you now Reach Higher for Life! REPS are a must for championship athletes and accomplished artists. As leaders, we also need daily REPS to be successful.

In Reaching Higher you developed a leadership mindset through the leadership challenges, the break-out groups and the leadership circle.

Going forward, the REPS Journal is the tool to both prompt and provide you those repetitions to continue strengthening your mindset as a leader!

Printable REPS Journal is available on our website in the "Resources" tab.

[www.reachinghigherinc.org](http://www.reachinghigherinc.org)