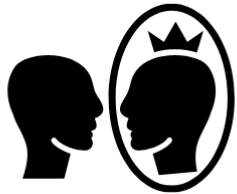


THE *Courageous* MIND



VISUALIZE	Paint the picture of what your life will look like when you accomplish your goal. All the details and how it feels.	
AFFIRMATION	I have unwavering faith that I will accomplish _____. It excites and inspires me because _____.	
ACTION ITEMS	What are you doing today to accomplish your goal?	
ACCOUNTABILITY	3 THINGS THAT YOU ARE GRATEFUL FOR TODAY 1. 2. 3.	3 PEOPLE THAT I'M REACHING OUT TO TODAY 1. 2. 3.

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