

FIVE WAYS TO OVERCOME THE ASSIGNED NAYSAYER

Motivation:

Social Media, Family, and Friends

Reward:

*Losing Weight, Helping Others,
Earning Degree, Financial Freedom*

Challenge Yourself:

Get Out Of Comfort Zone

Expand Your Gifts and Talents

Insanity:

Face Reality On How To Reach Your Goals

Staying Positive:

Smile Through The Process

Choose Your Thoughts

Cast Down Negative Thoughts

Speak Good Over The Process