



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*

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