

STEP FOUR:

Believe

I RECOGNIZE THINGS FEEL HARD RIGHT NOW

What feels hard, challenging, exhausting, or utterly impossible right now for you, your family and your dreams?

NOTES...

I HAVE BEEN THROUGH HARD THINGS IN THE PAST

When in your past have you overcome something that once felt impossible.

NOTES...

I'VE OVERCOME THE "IMPOSSIBLE" BEFORE

How did you overcome hard things in the past? What got you through it?

NOTES...

I CAN DO HARD THINGS!



EXERCISE: Post your #IcandoHardThings in the Facebook group.

BONUS POINTS: Go Live in the Facebook Group and Share Your I CAN DO HARD THINGS STORY