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*COURAGE To Find The FIRE Within: Invest In Yourself To Discover Your Passion
And Split Harmony: Turn The EX-FACTOR From Chaos To Compassion*

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"If you don't know where you're going, you'll never get there."

"Most people are frustrated because they are so focused on what they do NOT want!"

- Peter Hobler

Clarity of Destination: Principle of COURAGE # 1

Gain Clarity for What You Want Exercise – 5 steps

Instructions: For each step, use a separate piece of paper. Be sure to hand-write each step (You think differently when you write versus type...).

1. Write a numbered list of what you do NOT want in your life.
2. Opposite – write a list of what you DO want for each item you don't want. Then continue writing all of the other things you want in/for your life.
3. Burn list # 1 (outside, over a metal trashcan) to get rid of the negative energy. (Seriously, humor me and just do it. It will actually feel great).
4. Succinctly write down why you want the items in list # 2? Does it inspire you, get you excited, do you feel passionate about it? Will it make you happy and fulfilled?
5. Who/How do you have to intentionally BE to create/get what you want? How can you bring your passions and what gets you excited into play? Go through each item in list # 2 and write down who/how you must Intentionally BE to bring it into your life.

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