

CONFIDENCE AS A BYPRODUCT

WHAT IS YOUR COMMITMENT? BE SPECIFIC.

WHAT IS YOUR COMPELLING REASON TO COMPLETE YOUR
COMMITMENT?

WHAT ARE THE OBSTACLES BETWEEN YOU AND YOUR
COMMITMENT? (MAKE A LIST OF AT LEAST FIVE.)

WHAT ARE YOUR THOUGHTS ABOUT EACH OBSTACLE THAT MAKES IT HARD TO OVERCOME?

WHAT ARE THE STRATEGIES YOU CAN IMPLEMENT AND PRACTICE TO OVERCOME THE OBSTACLES?

WHAT ARE THE CAPABILITIES YOU WILL CREATE FOR YOURSELF BY PRACTICING THESE STRATEGIES?

[illegible]

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