

CHALLENGE CARDS

Self-Discipline Mode: Activated

MY DISCIPLINE
BUILDS STRENGTH.
EVERY CHOICE
GETS ME CLOSER
TO MY GOAL.



I STICK TO MY STRUCTURE.
I RUN MY REALITY.
DISCIPLINE IS MY DAILY
VIP PASS.



CHALLENGE:
PICK ONE THING
TO FOCUS ON.
WRITE YOUR ACTION PLAN.
OWN IT.

SET A DAILY OR WEEKLY
REMINDER TO CHECK-IN
WITH YOURSELF.
DISCIPLINE IS
BOSS BITCH SEXY
WHEN PRACTICED

