

## Day 1. Introduction

1 Focusing on consistency and intensity is the key to your success. Discover your why. Why are you here and what would you like to achieve from this quest?

Write a list of at least 10 reasons of why did you decide to take this quest and your expectations.

---

---

---

---

---

---

---

---

---

---

---

2. Join our FaceBook Group and introduce yourself. Tell us why you are here. Either write it in a post or post a video.

3. Exercise: Reflect on your own emotions.

Reflect on your own emotions.

Take some time to sit down and reflect on your own use of emotions. For example, think about how you typically respond when:

You read an email that implies you dropped the ball

Your significant other blames you for something you feel is unfair

Another driver cuts you off on the highway

A close friend or associate begins to cry unexpectedly

By first identifying your own emotions and reactions, you become more mindful and start the process of building control.