**WEEK 3**

**Welcome to Week 3 of Confront to Conquer the Challenge.**

Each week you will accomplish a small part of your big goal that you set to achieve in 30 days.

What is your small goal that you will achieve this week?

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What are the steps that you are going to take to achieve this small goal?

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You are half way through this challenge, what are your thoughts?

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Principles to Practice this Week

1. Participate in a physical activity to release any stress that your body has; working out, yoga, or meditation.
2. State aloud three things that you love about yourself each morning.