

Day 1

What are some things you've said you can't do or be because of your age?

How true are these beliefs you've turned into facts?

TODAYS CHALLENGE:

Go out there and find someone that is around your age doing that thing you want to do but haven't started yet due your limiting beliefs. Who is she? How did she get started? What barriers did she overcome? Dig around so that you can solidify in your mind that she is a human being, just like you are! Find the "receipts" you need that allow you to realize you aren't a rare unicorn that can't go for it.

Now that you've done this, what is one new belief about yourself you can begin to embody?
