**WEEK 1**

**Welcome to Week 1 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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What are your thoughts on this first week of this challenge?

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Principles to Practice this Week

1. Recite your goal aloud before you go to bed and every morning when you wake up.
2. Write down your main goal on a piece of paper and tape it above your light switch. This will force you to see your goal everyday.