**WEEK 4**

**Welcome to Week 4, the final week, of Confront to Conquer the Challenge!**

Wow three weeks have flown by fast! This week you will achieve the goal that you have set in step 1.

What is your 30 day goal that you will accomplish this week?

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What are the remaining steps that you must take to achieve your goal?

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What are your thoughts as you are on the final week of this challenge?

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Principles to Practice this Week

1. Develop your own rhythm, figure out a daily routine where you always get stuff done
2. Be your own motivator, tell yourself something each day that pushes you to do better.