

J. da.
to after.

- #1: Get clear.
- #2: Challenge yourself.
- #3: List your reasons.
- #4: Focus on only a few.
- #5: Plan your steps.
- #6: Ask for help.
- #7: Track your progress.
- #8: Overcome any obstacles.
- #9: Pump up the energy.
- #10: Celebrate your success.