Forging Past the Felony

Week 3







 <https://youtu.be/pxBQLFLei70>

Key Points:

* In order to make our wheel go around we need to work on all of the spokes
* In order to accomplish our dreams we need a master plan
* A dream that we have not taken the time to write down is a fantasy.
* Will power leaks all day. We need to create personal algorithms so that we can conserve will power.
* Make your story real in your head first.

Homework Questions:

1. What have I taken from the world?
2. Who have I hurt?
3. If I woke up tomorrow and my life was ideal. What would that look like? Fill out Goal Setting Sheet or create a master plan
4. List 15 algorithms for your day.
5. How can I use this information to launch my dreams?
6. Why must I use this information?
7. When will I use this information?



BASE WORK

EAT

MOVE

SLEEP

BREATHE