



# THINGS TO REMEMBER

## >>>> WHILE ON THIS JOURNEY <<<<

1. Fear is a fallacy! If you're experiencing fear, it's an indicator that you have a NEED.
2. Failure doesn't exist. The thought of failure derives from judgment.
3. Don't quit from fear; only quit if it's not in alignment with who you are!
4. Exploration phase is exciting! This is the time to define your identity, learn who you are, and gain information from experiences.
5. It goes fast, don't spend time solely focused on goals but make memories in the process!
6. Don't get frustrated on the things you are not. Instead, appreciate the things that already are and the potential to become who you desire.
7. ASK FOR HELP! You are not expected to know everything.
8. Trust the process. Each step is new information for the next decision or step.