



One way to strengthen the soul

NAME:

DATE:

This worksheet is a supplement training guide to “One way to strengthen the soul” video published on August 13, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Sitting on the fence for too long is an enemy of success. It introduces us to a world of self-doubt and excessive analysis that is stifling and energy draining. As a result, we start to postpone or avoid making decisions in order to avoid failure. However, we are actually deciding not to succeed. This Soulful Saturday video is all about how to strengthen your soul. So often we do not realize our own power of what we can do until we are faced with a challenge so big that we are forced to grow.

What is your intention? What is the big picture? What do you want?

There's a story from a book written by Napoleon Hill. It's about a general who was about to face his greatest and most powerful enemy. However, his army is clearly outnumbered. So, he addressed his men before the battle and said, “You see the boats going up in smoke. That means that we cannot leave these shores alive unless we win! We now have no other choice – we win – or we perish!” . And the end result, they won!

Set your intention, don't sit on a fence, avoid draining energy, do whatever you need to do to achieve your goals, burn your ship.

As soon as you know your intention. What do you need to do or burn, in order to achieve your vision?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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