



No Excuses

Clean Slate Monday

Let go of anger and resentment

Taking inventory

Self-Coaching

Mental toughness

You can't lie to yourself

You know your motivations

You know your truth

I am too tired

I don't have time

David Goggins – self esteem from achievement

Bonus Video – Take action in the face of resistance -

<https://www.youtube.com/watch?v=V3j1koS7fj4>