

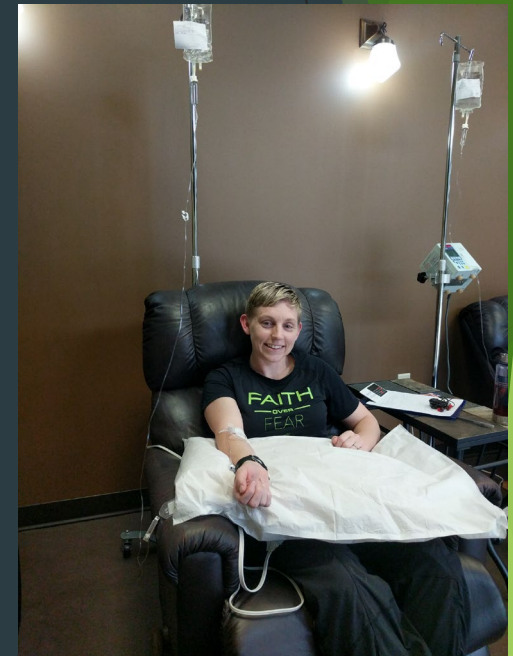


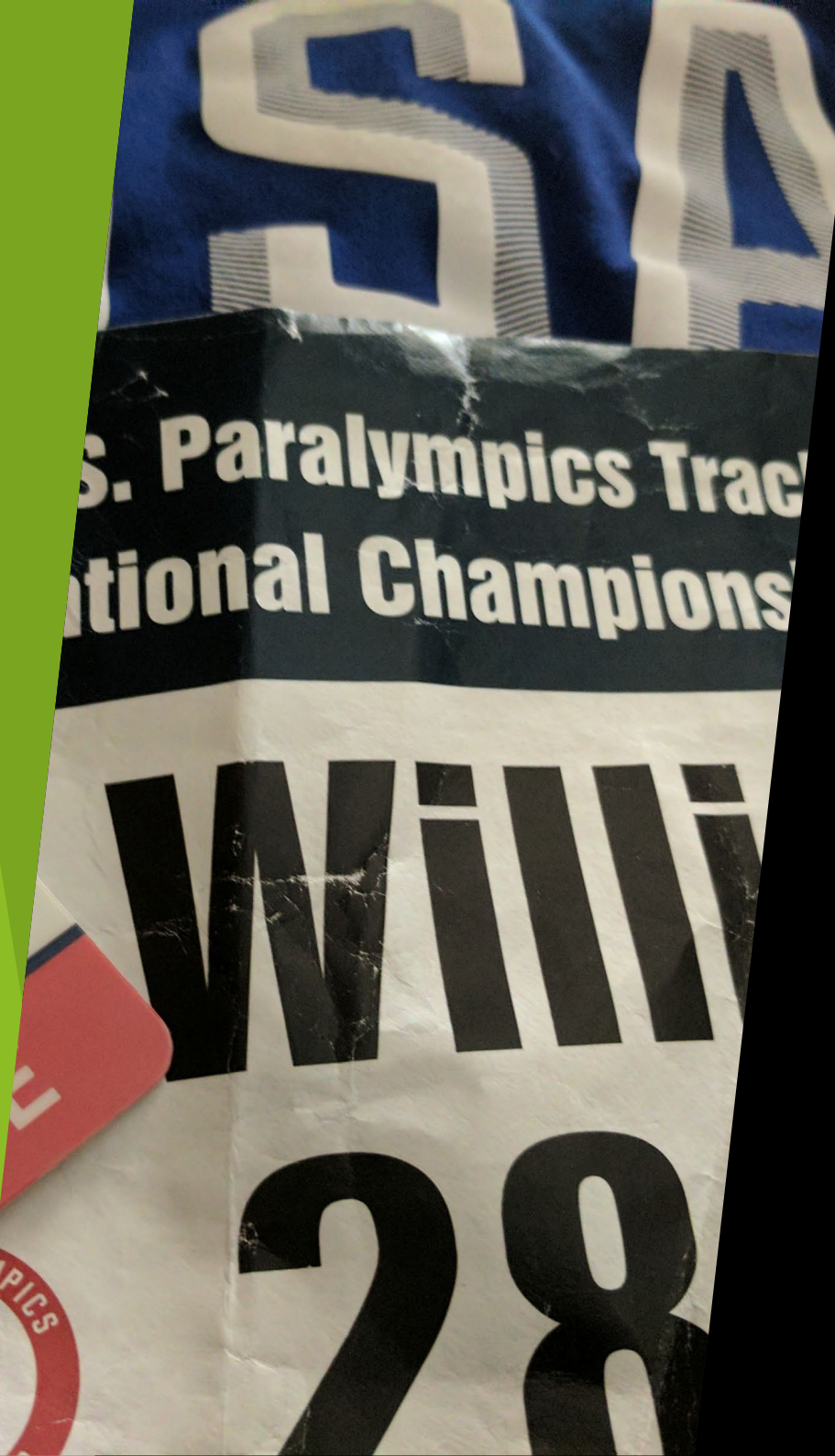
From Broken to
Blessed



Lesson#1

Identify your challenges and take
the first step towards change





Faith and fear
have one thing in
common, which is;
you cannot
physically see
either, but must
believe in them in
order to fuel your
soul. The only
path to success is
to allow your faith
and ambitions
outweigh your
fears



Lesson #2

*You are the only person
with your vision which
makes you more
valuable than a
compromise.*



What struggles
and
compromises
are you facing
in life that
need a
different story?

I am thankful for the gift of today, let my time be used wisely

Is my pride standing in the way of my priorities?

What goal am I working towards today?

Are my actions in line with my values?

What excuses am I making?

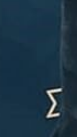
Who or what areas need patience and prayer?

What action can be taken today?

Any run is a good run, I thank my body for giving me the best it could on this given day.

It is okay to leave items on a list

I am loved and worthy of space on this Earth just as I am.





**Lesson #3:
Know your
purpose
behind your
passion**

Take Action!

► Never let the odds keep you from doing what you know in your heart you were meant to do.

~Jackson Brown Jr.

