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
Never let the odds keep you from doing what you know in your heart you were meant to do.
~Jackson Brown Jr.