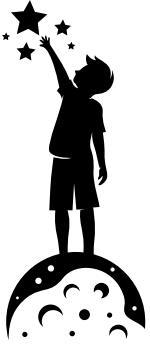


What to take away from each week

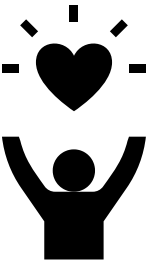
You are worth the investment to a better life



It is okay to dream big



Be the best you and give yourself credit



Set yourself targets and allow the fears to come in



Believe in your goals and change your habits to do that

