

## Take out Your Head Trash about Goals

## Conquer any Negativity Are there any of the goals and actions you've done in the 80/20 exercise that you don't believe you can do? Or you aren't worthy of doing or having? Write out the action and that belief.

Write out the flip side of that - the positive and Godly statement or belief that you want to believe.

Use the collarbone statement (day 2) or release negative thoughts and beliefs (day 3) tools to reset your system for success.