

**Your Training Assignment  
And Personal Accountability**

*Conquering Fear & Self-Doubt: Taking Inventory*

Take inventory this first week of what any fear or self-doubt

Where does it crop up for you?

Are there patterns that you see?

What does courage look like for you?

What is happening when you are having fear?

Does intuition come into the picture?

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.