

POWER THROUGH THE PAUSE



Sometimes it can be difficult sticking to the goals we made for ourselves. You might have feelings of giving up, you might have feelings of not being able to reach it. But before you think about stopping now; take a second, take a breath. Think about how far you have already come. Your goals - the things you once got excited about - they still matter. They didn't disappear just because the journey got a bit tough. And guess what? You're allowed to struggle and still keep going. You're allowed to fall behind and still catch up. You're allowed to feel tired and still rise.

You're not failing. You're in progress.



Think of your goals like seeds. You don't throw them out just because they didn't bloom overnight. You water them. You wait. You believe.

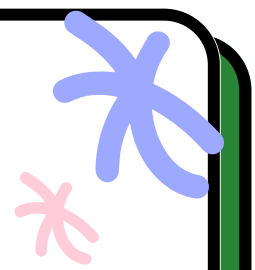
That's what this is. It's the in-between.

Your future self is counting on you to keep going - even when it's hard, even when it's slow, even when no one else sees it yet.

Because one day, you'll look back and say, "I'm so glad I didn't quit."

Remind yourself of why you created these goals

Don't lose sight of why you started, and use these reminders to help you stay motivated



Use the Power of Positive Affirmations to encourage you to keep going

I am Persistent,
Patient and
Powerful

Every step I take
brings me closer to
my goals

I believe in my
ability to succeed

I am capable of
achieving my
dreams

I can stay in
control

I am proud of how
far I have come

