

FUEL YOUR ENDURANCE WITH THE

# 5 PROMISES

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## **PROMISE 1**

I Will Live and Work a Passionate Life

What do you find most difficult to endure (mentally, physically, etc.) in pursuing your passionate vision?

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## **PROMISE 2**

I Will Go for It or Reject It Outright

What meaningful sounds and sights lift your spirits and strengthen your endurance? Write them down, then revisit this collection daily.

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Do you associate with anyone who belittles you, depresses you, or otherwise zaps your energy? If so, how will you detach from this person?

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### **PROMISE 3**

I Will Take One Action Step a Day Toward My Passionate Vision

What three action steps will you take to strengthen the area of endurance identified in Promise 1?

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### **PROMISE 4**

I Commit to Being a Success Student for Life

Name a woman who exemplifies endurance for you. How will you model her success to fuel your endurance?

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### **PROMISE 5**

I Believe as a Woman I Really Can Do Anything

What challenges have you met that required endurance? How will you use those successes to strengthen your endurance in the future?

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»» DOWNLOAD THE 5 PROMISES FOR ENDURANCE AT **WickedSuccess.com**.