

Affirm Your Life
Journal



Courage 2 Take The SHOT

Developing courage is something
I just know I can do



Fearlessness is developing within me



**I will smash through fear and
rise to the occasion**



Courage 2 Take The SHOT

**I will transform into a strong
and fearless person**



Blank lined area for writing.

Using a journal can help you reach your goals. By writing down your goals. You are taking them from a desire or thought to written commitment. Journaling your goals forces you to be accountable. It helps you stay motivated and focused. Nobody wants to write "I did absolutely nothing today that helped me reach my dreams."

The following pages can be printed as your first Journal Book of Courage. There is no right or wrong way to journal your goals. The power lies in documenting the information and doing something every day to work towards your goals to get the Courage to Live Your Best LIFE!

Disclaimer

The information contained herein is General in Nature and for Informative Purposes only.

It is based on the Author's Personal Experience .

The Author assumes No Responsibility whatsoever, under any circumstances for any actions taken as a result of the information contained herein.

Copyright @2018

Courage 2 Take The SHOT

No part of this document may be reproduced or distributed without express, written consent from the Author.