

TRUTH BOMB

SERIES

Breaking Familiar Patterns

Think

The first step to lasting change is
admitting what unsettles you most.



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Explore

Exploring only what's familiar is a recipe for stagnation.



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Do

Waiting for confidence is waiting for permission that never comes.



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Apply

If you don't build routines, chaos will build them for you.



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Integrate

Integration is where change becomes identity. Don't skip this step.



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Maintain

Maintenance is not repetition; it's conscious renewal. Schedule your check-ins.



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