

TRUTH BOMB

SERIES

Turning Fear into Forward Motion

Think

If you don't choose your priorities, fear will choose them for you.



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Explore

Growth demands discomfort. If you're comfortable, you're not growing.



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Do

You can't outthink fear. You must outmove it.



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Apply

Insight without application is just clutter.
Put your learning to work.



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Integrate

Your work, relationships, and learning are chapters in one story. Write it well.



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Maintain

Reflection is your progress report.
Celebrate small wins and adjust.



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