

CONNECT TO CONQUER CHALLENGE-SCORECARD

DAY
1

BUST
your excuses



- Register for the FREE [Masterclass](#)
- Complete the Action Guide
- [Watch](#) the 6:30 CST FB Live (or replay)
- Engage in the [FB Group](#)

DAY
2

PREDICT
self sabotage



- Complete Action Guide
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- Engage in the [FB Group](#)

DAY
3

BREAK
up to make up



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- Engage in the [FB Group](#)

DAY
4

NOTICE
your hunger



- Complete Action Guide
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- Engage in the [FB Group](#)

DAY
5

STOP
the madness



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CLICK HERE-Register for the Masterclass