

DAY 13



---

## DEVELOPING BELIEF IN YOURSELF

Life is a choice and you have the opportunity to rewire your neurology to become the greatest version of yourself. Whatever your mind can conceive, you can achieve.

- 1 Write down what you'd like to have in your life physically, mentally, emotionally, spiritually, financially, business, family, character, quality of life.
- 2 Write down what you would have to do in order to have all of these things in your life.
- 3 Write down who you will become once you have accomplished all of this.
- 4 Practice the Be, Do, Have Paradigm by being that person today in every aspect of your life (think, walk, talk, eat, dress, behave, interact, etc).

Repeat today's mantra throughout the day:

**"As a master,  
I am aligned in  
thought, action &  
behavior, being the  
person I have  
always believed I'd  
become today."**