

THE CHECKLIST

WATCH THE VIDEOS

Video 1: You Can Do Hard Things

Video 2: The I Can't Shift

Video 3: The Your That Can

Video 4: Remembering Why You Can

Video 5: The Power Of Not Knowing

Video 6: Ready For Hard Things

EXPLORE THE EXERCISES

Video 2: The Verification Process

Video 3: The I Can Process

Video 4: The Self Remembering Process

Video 5: The Not Knowing Process

Audio Download: Sophie's Visualisation

TOPIC EXPERT: SOPHIE SABBAGE