

## Pick Your Plan & Stick With It

### Week 6

Visualize the end. What ever you hope to accomplish visualize what it will look like and feel like. Visualize what that will change for the good in your day to day life. This is important, as it can be the very thing that keeps you plugged in when it gets hard.

IT WILL GET HARD! Change is always hard and challenging. It takes perseverance and energy, but most importantly it doesn't take perfection.

