

# 100% YOU - THE BREAKTHROUGH PROGRAM

## Your Why Option 1: Timeline Exercise

Write down on a timeline all difficult events and how you lost your possibility of greatness and wonder because of the event.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

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## Your Why Option 2: Essay on Full Vision

## Full vision of how your life would be if you were living life fully self expressed

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