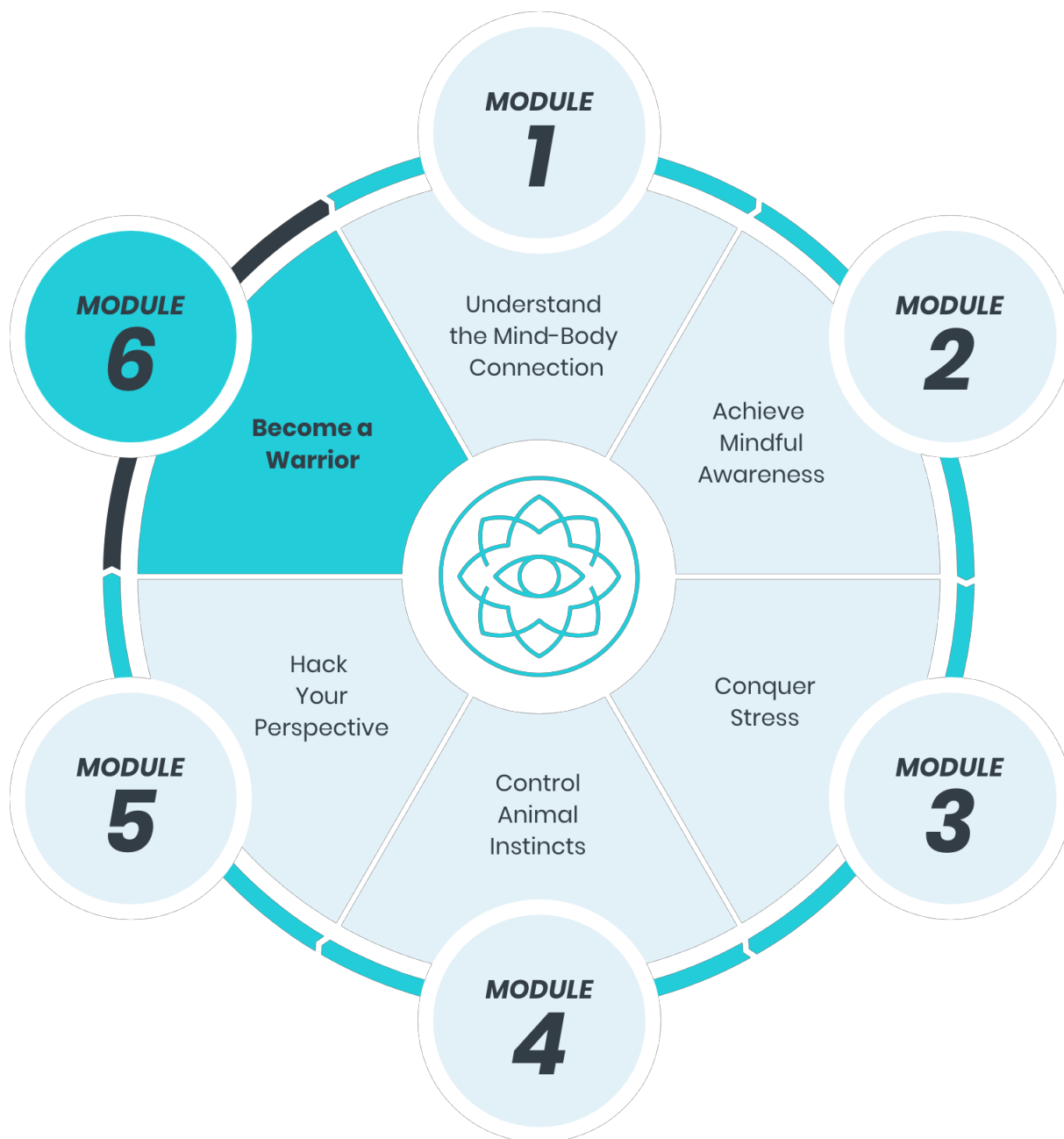


MAP CYCLE



MODULE 6:

BECOME A

WARRIOR

(with a vision)

Overcoming Fears to Become a Warrior

We want to learn to energize ourselves, to create a powerful vision, a path to follow and to stay motivated to walk on towards our goals, despite the obstacles and adversities we face in life.

Make your vision so clear that your fears become irrelevant.

“Whatever you can do or dream you can, begin it. Boldness has genius, and magic and power in it. Begin it now.”
-Goeth

“It doesn't take a genius to be successful, just a vision with a cause that is greater than an illusion of defeat.”
-Albert Einstein

Energizing means to give vitality and enthusiasm to something, to feel energetic or eager. It is the energy that is the fuel we need to take off.

Motivation is to have a reason or reasons for acting or behaving in a particular way. Motivation is the process that initiates, guides, and maintains goal-oriented behaviors. It is what causes you to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. Motivation involves the biological, emotional, social, and cognitive forces that activate behavior.

Confidence means to have a feeling of being sure of yourself and your abilities, in a realistic, secure way. It means to have belief in our abilities to take on a task despite the obstacles and adversities.

It is the feeling or belief that one can have faith in or rely your abilities, skills, but also in your mental toughness and emotional strength.

BECOME A WARRIOR!