SLAY IN YOUR LANE

Challenge

FIVE DAY BOSS UP SERIES

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Day Two

THOUGHT STACKING -IS IT HELPING OR HURTING YOU

Welcome to Day 2 of the Slay In Your Lane Challenge. We are diving deep into Shift 2 to discover the three must-haves that when implemented correctly will create incremental and exponential changes in your life.

As you prepare for tonight's training, take some time to jot down two examples of times you set a goal for yourself but did not complete it.

What obstacles did you face? Did you talk yourself out of it? Did someone talk you out of it? Did you get overwhelmed when you considered "how in the world am I going to get this done?" Have fun. Play a little. Laugh at yourself if you must. **DISCLAIMER: NO JUDGMENT ALLOWED**. Just Facts.

Three must-haves

for seeing and seizing the opportunities before us

Based on the Assessment, Thought Stacking is
ELEVATING / DEVASTATING the opportunities available to me

BEFORE	AFTER
Deflated, feeling like an impostor, spinning my wheels	Rejuvenated, confident, making more moves and less excuses

Must Have #1 _____

Must Have #2 _____

Must Have #3 _____

Notes

Day Two Heartwork

CATCH

CANCEL

CORRECT

GOD IS THE GOD OF 'RIGHT NOW.' HE DOESN'T WANT YOU SITTING AROUND REGRETTING YESTERDAY. NOR DOES HE WANT YOU WRINGING YOUR HANDS AND WORRYING ABOUT THE FUTURE. HE WANTS YOU TO FOCUS ON WHAT HE IS SAYING TO YOU AND PUTTING IN FRONT OF YOU ... RIGHT NOW.

-PRISCILLA SHIRER-