

1. Identify all the moments that FEAR gets triggered

- Write a list on the left side of the Motivation Map worksheet

2. Set an intention to elevate your:

- What
- Why
- ICAN
- IWILL
- IAM

3. Ask yourself these questions/set these intentions:

- What do I need and want to receive to take my business to the next level?
- What connections do I want to make?
- What do I need to learn?
- How do I want to feel?
- What one thing can I do to get a ROI on my convention investment?
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