

HERO SANDWICH

FEAST ON CHALLENGES

COMPLETE THE HERO BUILDING PROCESS BELOW

TO ALCHEMIZE OBSTACLES INTO VIRTUE-FILLED FUEL FOR GROWTH

1 WHAT IS THE #1 OBSTACLE YOU'RE CURRENTLY FACING?

2 HOW CAN YOU BRING MORE WISDOM TO THE SITUATION?

3 WHAT ARE YOU DOING TO MAINTAIN SELF-MASTERY VIA YOUR ENERGY?

4 APPLY VIRTUE "CONDIMENTS" OF GRATITUDE + HOPE + ZEST + LOVE

