OWN IT
Own it
/ōn/ /it/

VISION TO REALITY

To have (something) as one's own; possess.

Most of the time we tend to quit or start all over when something is not going the way we would like it to go. We want to just sweep it under the rug, but conquering our obstacles is very important in this journey. Take responsibility for all your ups and downs.

List the obstacles standing in the way of your vision and create solutions. OWN IT! It's all part of the accomplishment.

JOURNAL EXERCISE:

What obstacles are standing in my way?

Put your timer on for 3 minutes and write everything that comes to mind in regard to this question: