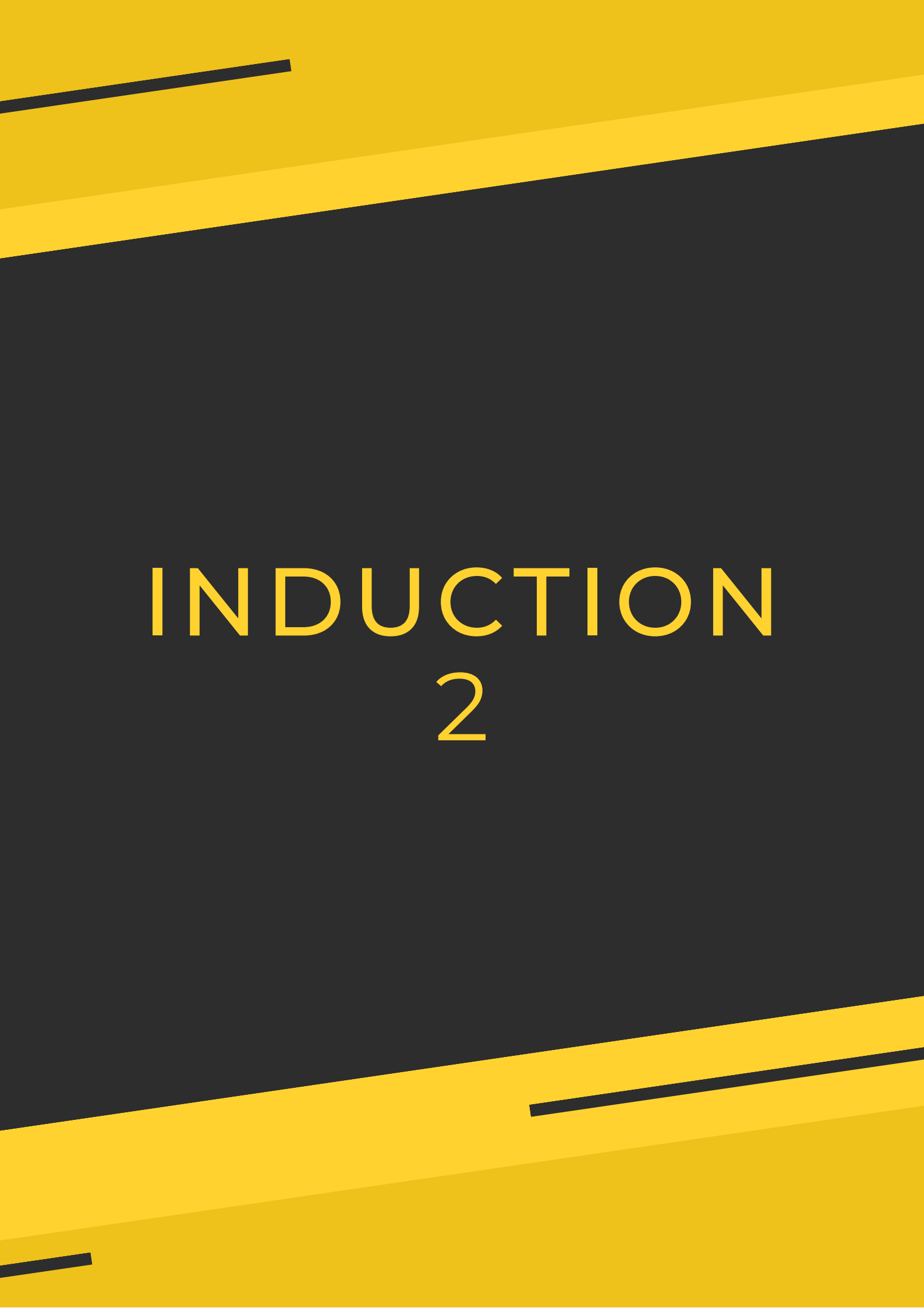


UNLOCK YOUR CONFIDENCE

Raise Your Self-Worth,
Boost Your Net Worth.



**SAL
DAMIATA**



INDUCTION

2



CONFIDENCE
MENTOR

Managing Tough Times

During your journey in this program, you are going to face some inevitable hurdles.

The first way to meet them efficiently is knowing that they will happen, this way you won't have surprises.

Let's now go over the most common situations where you will find yourself:

1. Not Having Enough Time

Decide when you are going to practice each day. If you have a consistent and predictable week, you can build your practice according to your time.

Contrary to this you will need to move your schedule around your unpredictable week and find spots where your training will become possible.

If every day is different for you just do the exercises as soon as you find a spot available, even if that spot is 5 minutes long. Practicing a little is always better than not practicing at all.

2. Moments of Low Motivation/Energy

There will also be moments when you won't feel as motivated as before in doing the exercises or in continuing your journey of personal improvement.

The best way to keep the ball rolling is to remember why you started this program in the first place. Having those moments is a normal part of your path, just be aware of that.



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Every client I had went through those moment, as I have when being coached by pro coaches.

If you're feeling down for any reason, communicate it to me and I'll tell you what to do to overcome this state. Again clear and honest communication will make you succeed faster!

3. Inner & Outer Resistance

This resistance will come in various forms.

It might be yourself trying to hold you back, your friends pushing your old habits or your family giving hard times to you. The solution to the resistance is to fight it with its opposite ingredient, PERSISTENCE.

When you will become persistent toward the attainment of your goal nobody will be able to stop you, remember that.

Untimately, it's not the hard challenges that will make the difference but how you respond to them.

Now you are also equipped with some practical strategies to use when you go through hard times.

Have a confident day and talk to you soon,

Salvatore Damata

