

SOAR: OVERCOMING SELF-DOUBT

Conquer Your Dreams

CRACK THE CODE OF YOUR MIND

Don't Self Reject

Don't let the negative voice in your mind overpower what your heart is telling you to do.

GET INSPIRED FROM OTHER INVENTORS

If them, why can't I

Step back and look at the world and what's been accomplished. Many INVENTORS have invented many things that can be used to inspire you along your own journey. A daily mantra that can be used is "If them, why can't I" to keep you focused.

TRAIN YOURSELF TO SEE GOOD

Focus on positive things

Instead of anticipating what bad could happen, focus on what good could happen. See yourself winning.

SELF CARE MATTERS

Reaffirm who you are

Self care is a daily practice that requires constant maintenance. In order to remain confident and build it into your subconscious mind you must reaffirm yourself with daily affirmations.

BACK YOURSELF IN A CORNER

Accountability is key

Take action immediately to accomplish your goals. A delay in action only allows procrastination to settle in giving your mind time to work against you. Say yes now and learn what you need to do as you go along.