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Set a timer for 5 or 10 minutes and list the most significant risks, changes and adventures of your life -both those that succeeded and those that did not go as planned (and what you learned from those):
Message of support and encouragement to myself (e.g. "I'm capable of because I've done it"):





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New endeavor headline (e.g. Starting My Own Business):	
All my fears about this:	How I'd prevent that and/or recover:
Message of support and encouragement to	myself about this new endeavor: