# 90 Day Grid

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**Want Results?**

**Take Action Right Now!**

Great things never came from comfort zones.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

My stages of getting ready for cardio.

1. Be fearless.
2. Have a vision.
4. Always hustle.
5. Stay focused.
6. Get out there.
7. Get motivated.
8. Get inspired.

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**7 Things to do on Sunday to Make the Week Easier**

1. Do some meal prep.
2. Pick a Sunday stress relief habit.
3. Stick to a good bedtime.
4. Write down 3 things you are looking forward to in the week ahead.
5. Review the “to do” list on the calendar.
7. Get outside.

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**Mental Toughness is When You Can Find Fuel in an Empty Tank**

**I Can and I Will**

The path to success is to take massive, determined action.

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**Mental Toughness is When You Can Find Fuel in an Empty Tank**

**You are the artist of your life. Don’t give the paintbrush to anyone else.**

You either get bitter or you get better. It’s that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.

Josh Shipp