

ENDURANCE EXERCISE

Write three challenges that you continually struggle with / upcoming challenges.
Then, develop a plan for what you will do to improvise, adapt, and overcome.

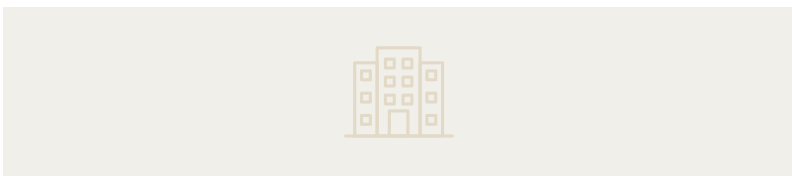
1. _____



2. _____



3. _____



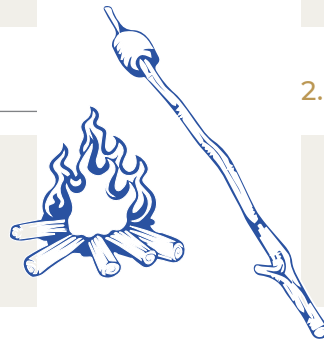
1. _____



2. _____



3. _____



“THAT WHICH DOES NOT KILL ME MAKES ME STRONGER.”
-FRIEDRICH NIETZSCHE

ENDURANCE RESOURCES

- Read <https://www.fastcompany.com/40413463/4-habits-of-endurance-athletes-that-can-power-your-career>
 - Complete the six steps in habit number three.
- Read <https://www.successconsciousness.com/develop-mental-endurance.html>
- Read <https://jamesclear.quora.com/3-Remarkable-Lessons-on-Mental-Toughness-from-the-%E2%80%9CMarathon-Monks%E2%80%9D>