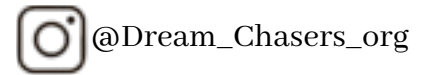


# DAY 17



Practice using your passion to overcome something. Let's start with something small. Come up with one thing you're supposed to do today but that you don't want to do. Now, figure out something you really want to do. Think about them being right next to each other. Be determined, promise yourself, make a commitment, that you will not do what you want to do until you've done the thing you don't want to do. That's it. That's one way to use your passion to overcome. It gives you motivation. It's like dessert. You don't want to finish your vegetables, but if it means you get a warm brownie, you'll do it.

**OR**

Think about a time when something you cared about (a passion) helped you overcome a fear or some kind of challenge. Draw a picture of it. One example might be your first time doing something. You were scared because you'd never done it, but you knew you wanted to do it, so you used what you wanted to do to overcome the fear and challenge. Again, draw a picture of that time.