

FUTURE YOU

You want future you to thank you, not resent you.

I KNOW I DO

People tend to avoid hard things.

BUT WHAT IF

We need a reason to stay in the struggle of the hard.

ADD GOD

God is helping through the hurting.

- The pain has a purpose.

THROUGH THE HURT

1. Unique results
2. Mindset matters

THE DAY TO DAY

The sooner you get good at doing hard things, the better you will be for it - and the better you will be at future hard things.

SOME HARD THINGS

1. Keep your commitments.
2. Engage hard conversations.
3. Honor the coaches.

FIX YOUR EYES

Our hope is in the one who did hard things.