Wolf Brigade. (training@fightfitness.net)

Documenting on paper a train of thought or idea that may be floating around in our heads can often help us actualize, acknowledge, and accept both positive and negative things in our lives.

Many thoughts pass through our minds on any given day; don’t leave to chance letting an important one slip by.

If any of these questions make you think, even a little, answer them on paper and use them for your own purposes.

Let nothing stop you from *being* & *not being*.

As a person, what/ how do I want to be?

If not there yet, what is standing in my way?

As a person, what do I *not* want to be?

What is making me so, and what can I do to prevent it?