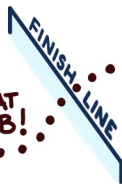


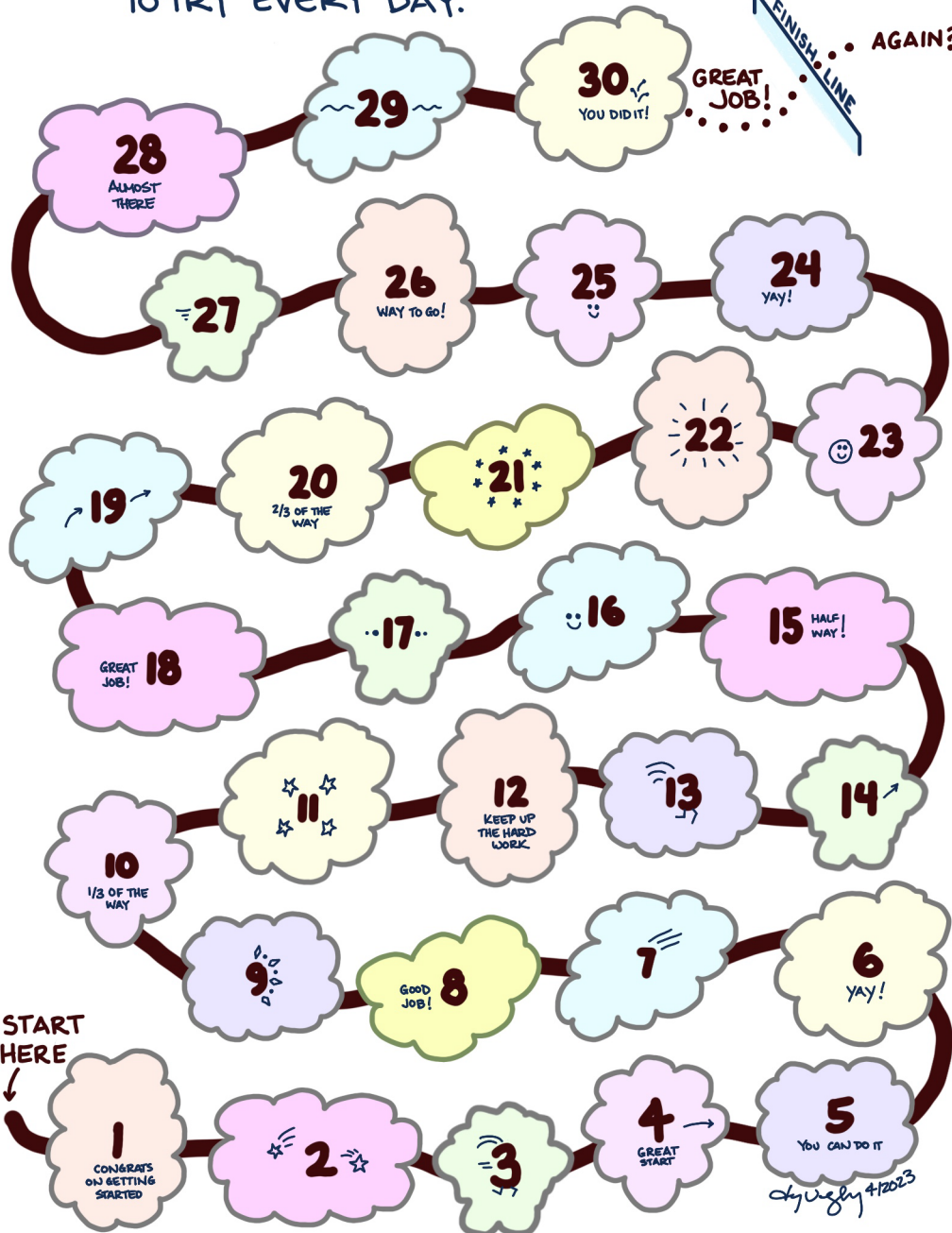
# THE SPARKLING LEADERS 30-DAY NAVIGATING DISCOMFORT CHALLENGE



CHOOSE ONE OR MORE TECHNIQUES TO TRY EVERY DAY.



AGAIN?



START HERE

kyuugly 4/2023

CHECK OFF EACH DAY AS YOU PRACTICE.