

UNLEASH YOUR INNER H.E.R.O: A FREE 7-DAY QUEST!

THE MISSION: Build your inner H.E.R.O. and battle the inner V.I.L.L.A.I.N.

START: Monday, January 29th, 2024

END: Sunday, February 4th, 2024

TIME: Daily missions announced at 5:30 AM EST

WHAT YOU'LL GET:

- **DAILY MISSIONS:** Short, actionable trials to unlock your potential.
- **INSTRUCTIONAL VIDEOS:** Clear guidance from Chardo every morning.
- **WORKSHEETS & HANDOUTS:** Tools to support you on your journey.
- **SUPPORTIVE COMMUNITY:** Cheer each other on and share strategies.

HOW TO JOIN:

1. FOLLOW OUR PAGE FOR DAILY MISSION UPDATES.

- **FACEBOOK:** <https://www.facebook.com/RStrategyU>
- **LINKEDIN:** <https://www.linkedin.com/company/richardson-strategy-unlimited>
- **INSTAGRAM:** <https://www.instagram.com/richstrategyunltd/>

2. LOOK FOR THE MORNING POST WITH YOUR DAILY ADVENTURE.

3. WATCH THE SHORT VIDEO FOR INSTRUCTIONS.

4. DOWNLOAD THE WORKSHEET OR HANDOUT (AVAILABLE IN THE POST).

5. COMPLETE THE MISSION AND WITNESS YOUR INNER H.E.R.O. EMERGE!

VICTORY AWAITS!

BY THE END OF THIS QUEST, YOU'LL BE EQUIPPED WITH THE TOOLS AND MINDSET TO SLAY ANY DRAGON THIS YEAR.



QUEST SCHEDULE

MON - JAN, 29	"CONQUER THE CRITIC "
TUE - JAN, 30	"GET IT DONE"
WED - JAN, 31	"FINDING THE SILVER LINING"
THUR - FEB, 1	"STOIC CONTROL & ACCEPTANCE"
FRI - FEB, 2	"SELF-FORGIVENESS"
SAT - FEB, 3	"THE WHEEL OF LIFE"
SUN - FEB, 4	"FIND YOUR H.E.R.O. TIME"



H : HOPE

E : EFFICACY (SELF-EFFICACY)

R : RESILIENCE

O : OPTIMISM



V : VICTIM MENTALITY

I : INSECURITY

L : LIMITING BELIEFS

L : LEARNED HELPLESSNESS

A : AVOIDANCE

I : IMPOSTER SYNDROME

N : NEGATIVE SELF-TALK

