## 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 4<sup>th</sup>, 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: <u>https://www.facebook.com/RStrategyU</u>
  - LINKEDIN: https://www.linkedin.com/company/richardson-strategy-unlimited
  - INSTAGRAM: <u>https://www.instagram.com/richstrategyunltd/</u>
- 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"

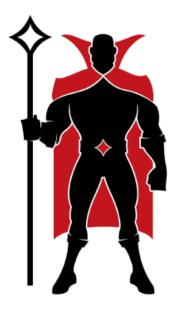


H = HOPE

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