

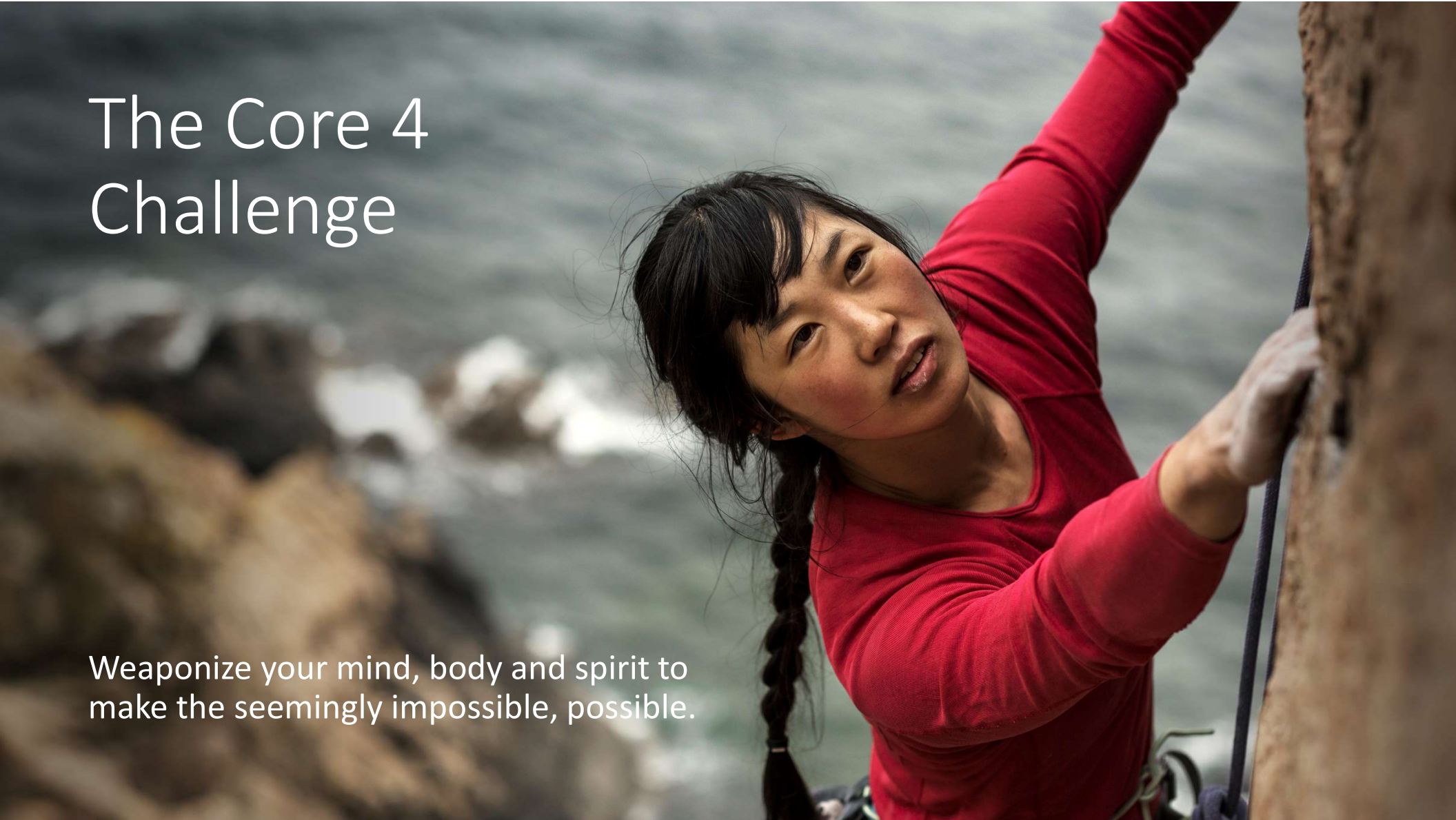


PREPARING FOR BATTLE

Part 2- Training the mind, body and spirit for war

The Core 4 Challenge

Weaponize your mind, body and spirit to
make the seemingly impossible, possible.





I will “hit my 4-
before I go out the
door- to go to war”

- Body
- Being
- Balance
- Business

A person wearing a teal jacket and black leggings is running away from the camera on a paved path. The background shows a sunset or sunrise with a warm, golden glow. The person is holding a running shoe in their right hand.

BODY

- ½ point for MOVING
- ½ point for FUEL



BEING

- ½ point PRAYER, MEDITATION, STILLNESS
- ½ point for JOURNALING



BALANCE

- ½ point DEPOSIT TO YOUR SPOUSE
- ½ point DEPOSIT TO YOUR CHILDREN



BUSINESS

- ½ point LEARNING TIME
- ½ point PAYING IT FORWARD