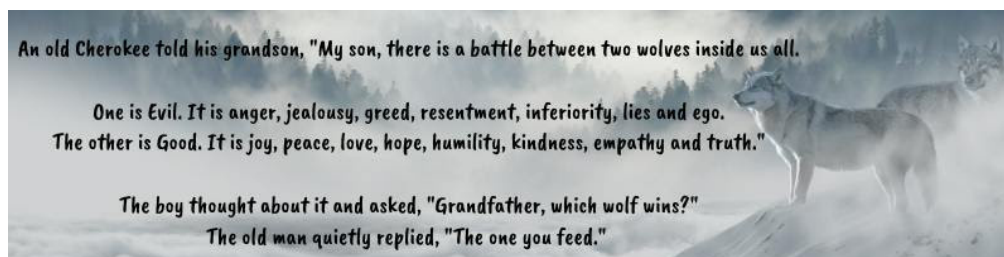


You've probably heard that "sharing is caring," but daring is how we take care of ourselves. Daring is being willing to go to a place of unknown, a place that may be scary.

Let's take a quick peek inside the human brain...

The amygdala is the part of the brain responsible for keeping us safe. It controls our fight-or-flight response and processes our fears. The prefrontal cortex is the decision-making center. It is responsible for planning complex cognitive behavior, it controls our impulses and helps us plan for the future.

What this means is you have two opposing forces, if you will. Part of you is fighting to keep everything the same- avoid change, avoid danger. Another part of you can envision your future and give you the roadmap to get there. BUT- which of these two forces control your decisions?



We need to focus on the solution- what we dwell on becomes our destiny. Read that again. We need to be courageous in the pursuit of our dreams. It may be difficult and downright scary, and that's okay! Take a minute, find your resolve, and do it anyway. Fortune always favors the brave!

AND YOUR ALIGNMENT ASSIGNMENT...

1. **Find time for your goals.** If you think you don't have time, use our [time-blocking sheet](#) to figure out where your time is going. Prioritize and redeem those wasted minutes.

2. **Create a space for your goals.** If your goal is to write, clear a space on your desk and get set up to start writing. If your goal is to exercise, get your workout clothes ready the night before. Whatever it is, be prepared to start.

3. **Be accountable to someone.** Find a Body Clutter Buddy to support you or post in the Hot Melt Sprint Facebook group. Find a way to hold yourself accountable.

4. **Make your daily decisions pro-YOU.** Every decision you make is either supporting or undermining your progress. Choose wisely!