

Transform Your Inner-Critic Into Your Inner-Cheerleader Masterclass

Sunday 13 th June	Monday 14 th June	Tuesday 15 th June	Wednesday 16 th June	Thursday 17 th June	Friday 18 th June
	<p>Daily Task is posted in FB Group at 6am. Don't panic! You don't need to get up at that time! <i>None of the tasks take more than 30 minutes.</i> <i>You complete it at a time best for you that day.</i></p>				
	<p>Daily at 3pm 'Ask Me Anything' Post in FB Group <i>Your chance to ask any questions related to the day's task or to the challenge in general & I answer them in the evening.</i></p>				
<p>8 pm FB Live Welcome</p>	<p>8.00 pm FB Live To Answer Your Questions and Share More Nuggets of #Bearwisdom</p>				<p>8.00 pm Closing Party Via Zoom</p>



**You will gain most from the group when you show up, fully engage and support each other.
Do that and you will have amazing breakthroughs!**