

# TURN SETBACKS INTO COMEBACKS

"The greatest glory lies in rising every  
time we fall."



**Key Takeaway:** Resilience means bouncing back faster every time.

**Action Step:** Write down your last setback and one lesson it taught you.

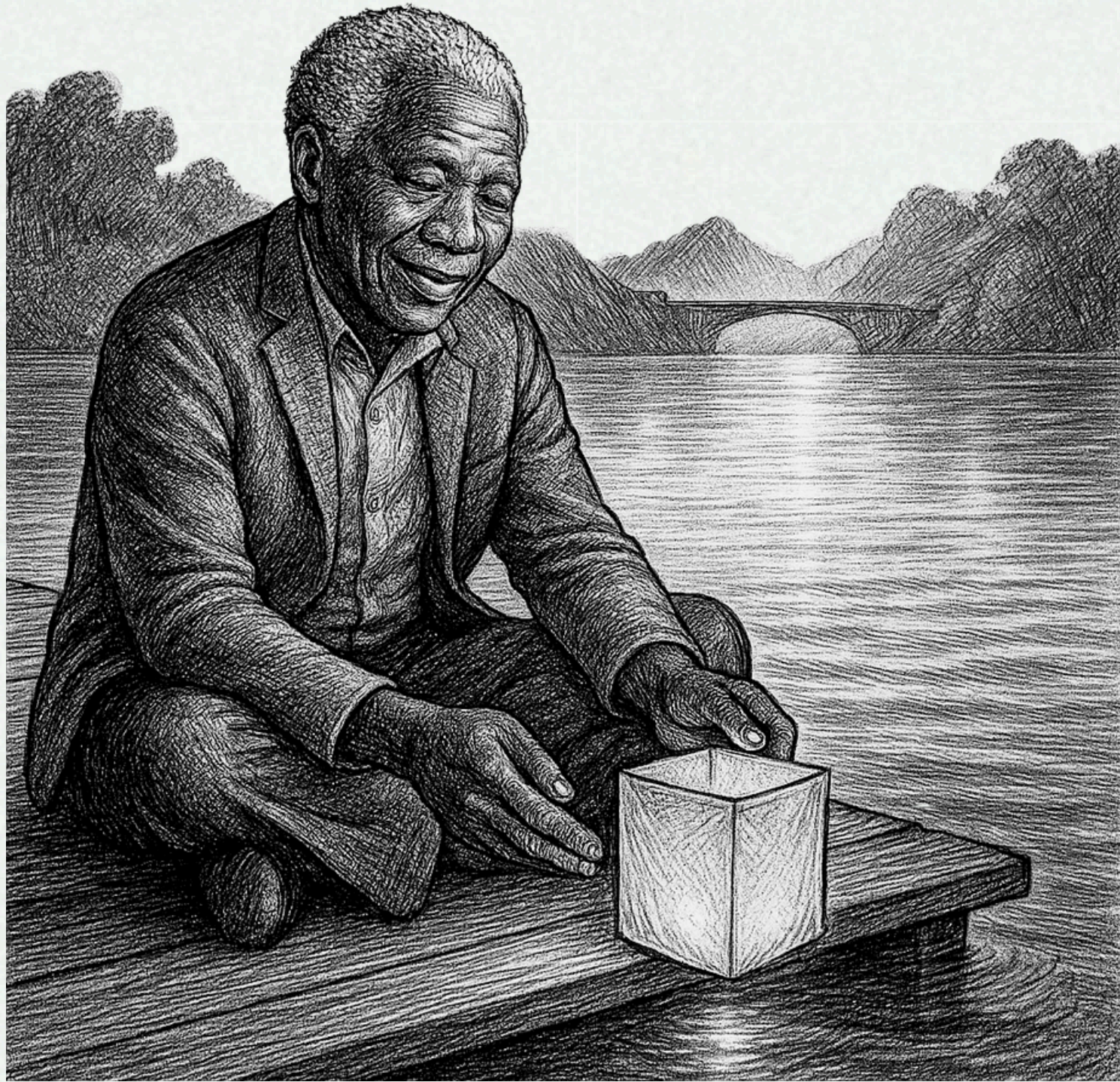
1 2 3 4 5 6 7



Nick Lalonde

# MAKE THE IMPOSSIBLE HAPPEN

"It always seems impossible until it's done."



**Key Takeaway:** Your vision isn't too big.  
Your timeline is too short.

**Action Step:** Break your "impossible" goal  
into one tiny step you'll take today.

1 2 3 4 5 6 7



Nick Lalonde

# FREE YOURSELF FROM RESENTMENT

"Resentment is like drinking poison and hoping it k\*lls your enemies."



**Key Takeaway:** Holding grudges hurts you, not them.

**Action Step:** Name one person you'll forgive today for your own freedom.

1 2 3 4 5 6 7

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Nick Lalonde

# TURN FEAR INTO FUEL

"Courage is triumph over fear, not absence of it."



**Key Takeaway:** Fear points to where your growth lives.

**Action Step:** Do one thing today that scares you but serves your goals.

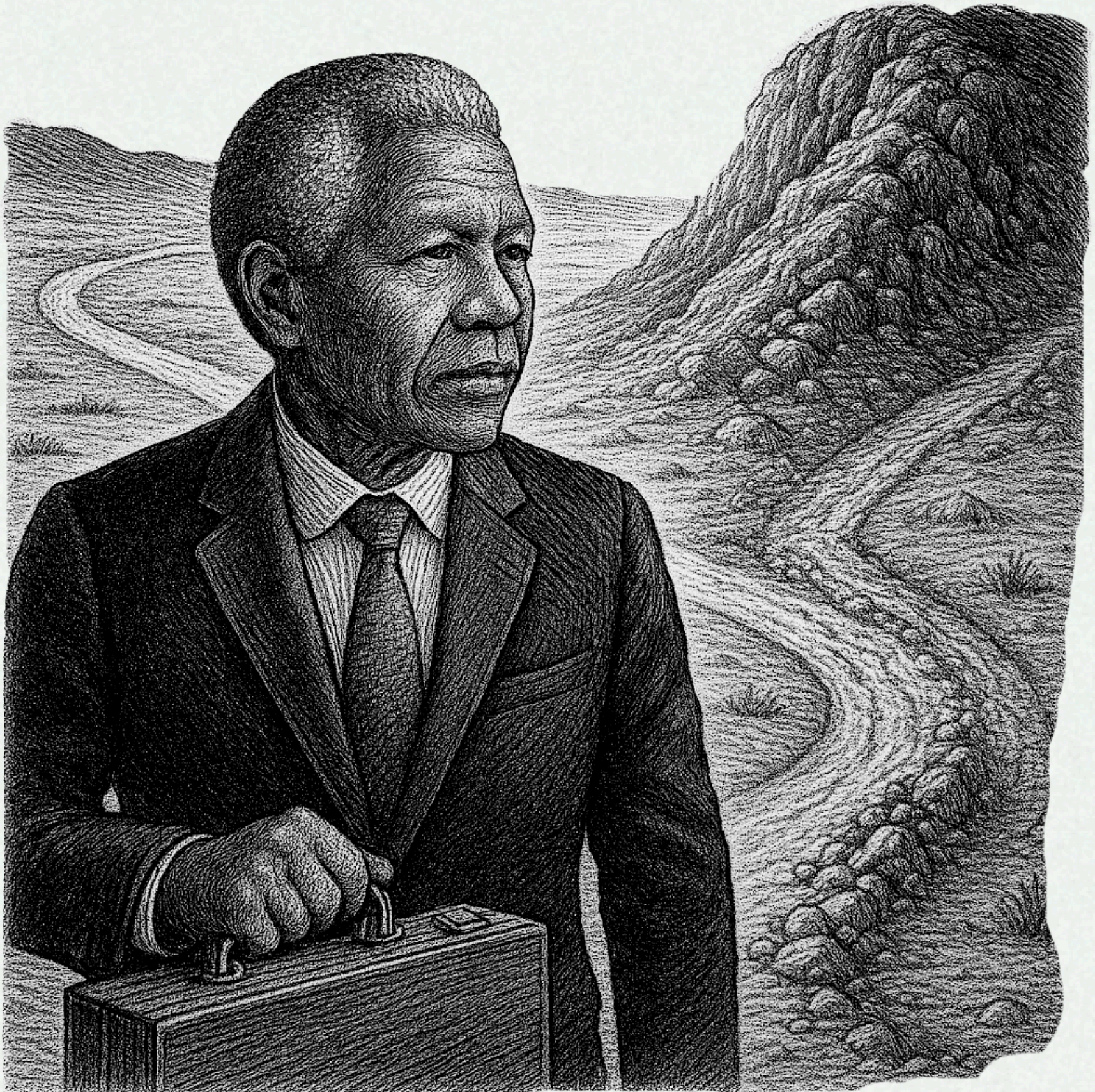
1 2 3 4 5 6 7



Nick Lalonde

# LEAD WITH INTEGRITY

"What counts is the difference we have made."



**Key Takeaway:** Choose what's right over what's easy.

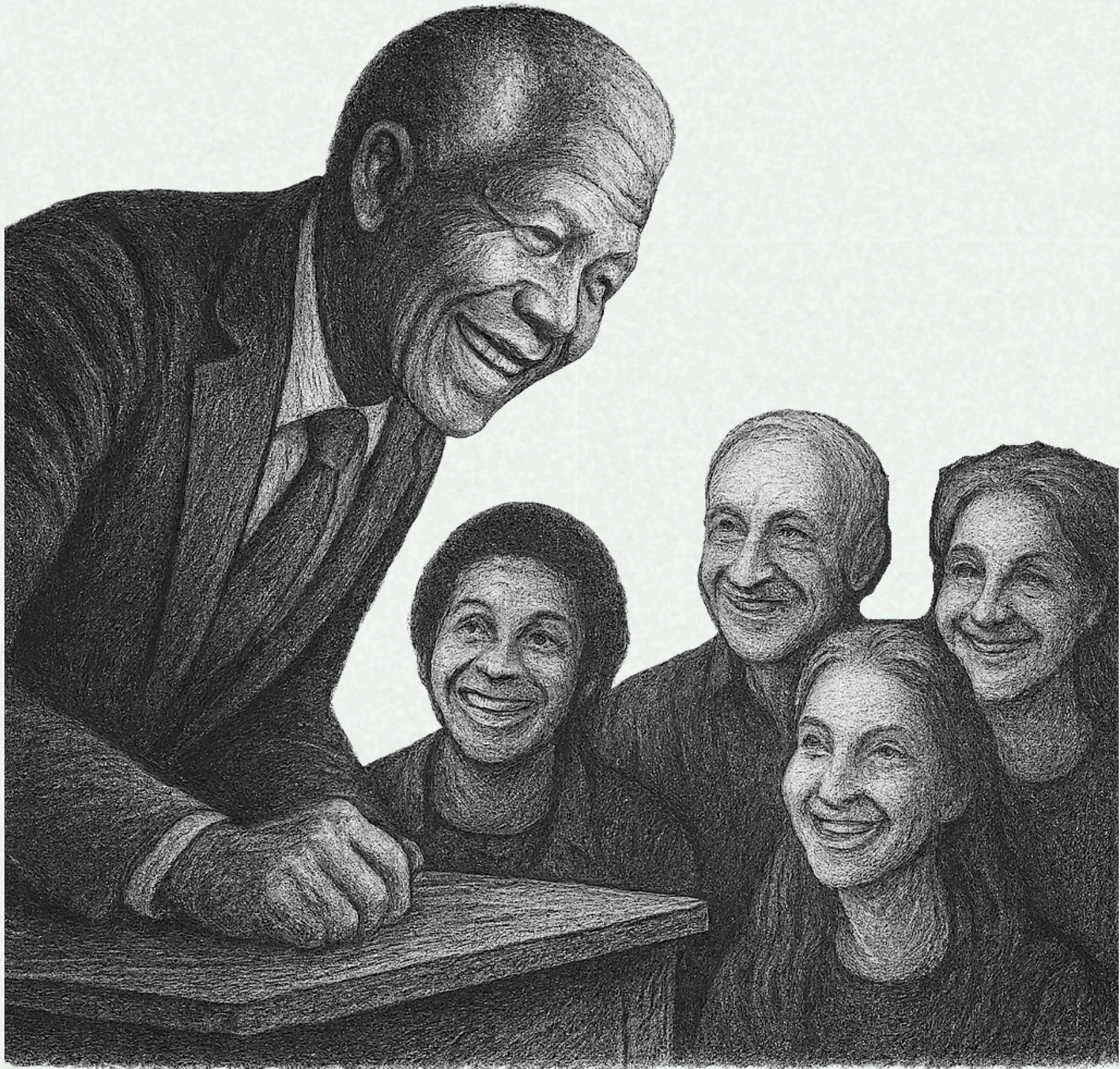
**Action Step:** Make one decision today based purely on your principles.

1 2 3 4 5 6 7

→  
Nick Lalonde

# SPEAK TO HEARTS

"Speak to the heart, not just the mind."



**Key Takeaway:** Logic makes people think.  
Emotion makes them act.

**Action Step:** In your next conversation, connect before you direct.

1 2 3 4 5 6 7



Nick Lalonde

# SERVE TO LEAD

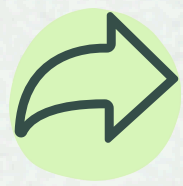
"A leader is like a shepherd, staying behind the flock."



**Key Takeaway:** Great leaders create more leaders, not followers.

**Action Step:** Ask someone today: "How can I help you succeed?"

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