



**HAVASS**  
Academy & Coaching

## DAY 22

*We have entered the last week of a very intensive program.*

Before we begin the final week, I want to say that I am proud of you for coming this far. This journey has not been easy. You have learned to discover yourself, get along with yourself, and pretend to get along with yourself. This last week will be less time consuming, more fun, but will shake you up a bit more than the other three. Because this week we're going to step out of our comfort zone! If you don't face your fears, don't dare to try new things and stay stuck in your comfort zone, all this learning won't go beyond theoretical knowledge.

*That's why I challenge you with a separate task every day of the week!*

Just like any other week, you'll have a different task each day. The difference is that they will be more practical and active tasks ... Can we say that we've reached the goal soon? Then take on my challenges this week too, let's break it completely! If you're ready, let's start with your first task: I challenge you; greet four people today that you don't normally talk to.



*Good morning, good evening, hello, or whatever you like....*

Your neighbor that you see every morning but don't wish a good morning, your colleague that you meet in the elevator every day on your way to work, or the people in the company car that you travel with in the mornings and evenings.... Don't forget to put a big HOOK on the worksheet at the end of the day! I'm looking forward to the developments. See you tomorrow!



### *Tasks*

- Greet four people you don't talk to or say hello to in your daily life. Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.

