I feel that the most challenging aspect of the program for me will be patience and trusting the process. I am not amazing at everything I do, but a lot of things have often come easily enough for me that I didn’t have to spend a lot of time mastering something, I just got it. I’ve been trying to get in the mindset that this is not going to be easy and I’m going to struggle and I’m not going to do well at everything, but not to throw in the towel. Once I start something I’m usually pretty consistent about finishing, however, I do worry that I’m going to stink at it!