

**NOWHERE  
TO GO  
BUT UP**

.....

*Resilience Book*

**THE VALIDATION PROJECT**

# HEY!

Val here, founder and CEO of The Validation Project. I am so pumped that you are here! Thanks for joining.

My goal is to ignite your fire, grow your confidence & courage so you rock *your* world and *the* world. Sound cool? Cool.



LET'S  
GET STARTED



Dear mini-me,  
I want you to know that...

# AND NOW, THE FUTURE YOU.



**IN THE PERFECT WORLD:** what's life like for you five years from now?

Where are you living and with who? What makes you happy dance?

What makes you super stressed? Where do you work?

A series of horizontal blue lines for writing, with a vertical pink margin line on the left side.

# NEXT: the present you.

What are four things you'd LOVE to do, not those you feel you HAVE to accomplish? They can be big or small!

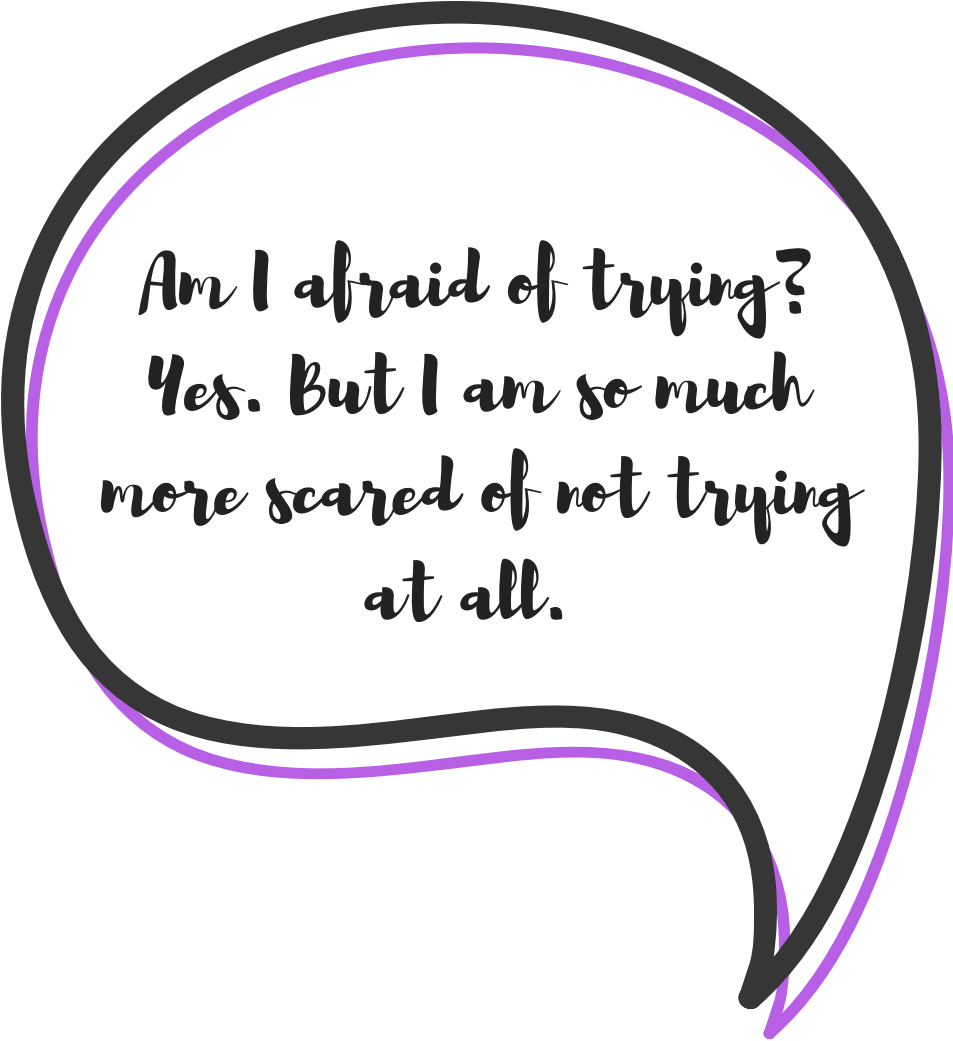
## \_\_\_\_\_ 's CHECKLIST

1.

2.


3.

4.

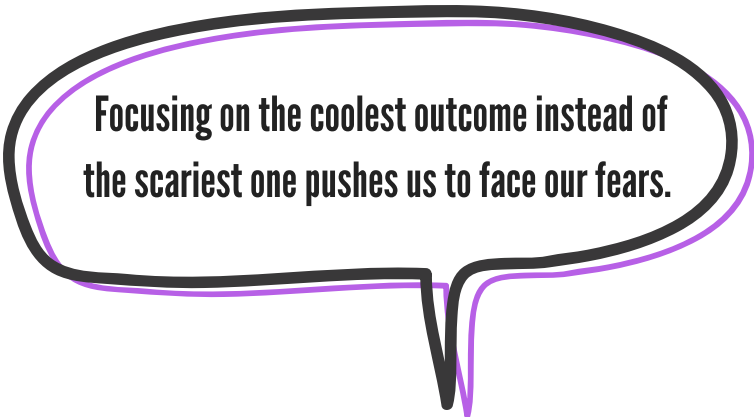


*Am I afraid of trying?  
Yes. But I am so much  
more scared of not trying  
at all.*

**WHAT'S SOMETHING YOU'VE BEEN ACHING TO DO, BUT  
FEAR HAS GOTTEN IN THE WAY?**



**WHAT'S THE BEST THAT CAN HAPPEN IF YOU DARE TO  
DO THAT THING?**



**Focusing on the coolest outcome instead of  
the scariest one pushes us to face our fears.**



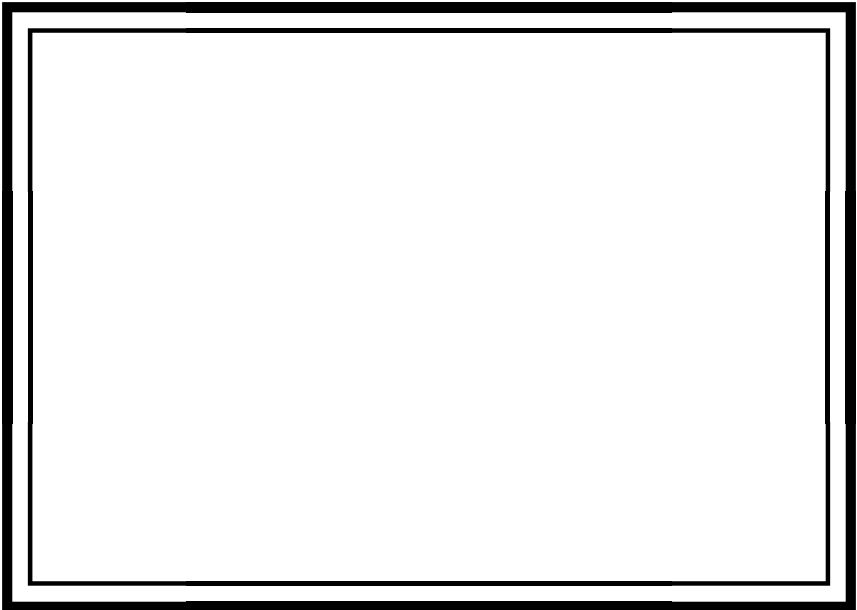


**At the end of the day, it's all  
about how you choose to be  
*courageous***

**This year, how will you make courage your superpower?**



**Illustrate what being brave will mean to you in 2018.**



# thank you

**For pushing yourself out of your comfort zone and daring to be YOU. I am so excited to see how you rock this year. If you want to work more with The Validation Project (we're doing some pretty cool stuff too!) check us out below.**

**THEVALIDATIONPROJECT.ORG**

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**Val, Founder and CEO  
The Validation Project**