

# The Three-Word Challenge

## ACTIVITY

### A. Define your starting point

Think about this moment in your life.

1. If you had to describe how you feel in 3 words, what would they be?

Example: Stagnant, anxious, confused.

### B. Visualize your transformation

Now imagine that this course has been a success for you.

2. After integrating the formulas, what 3 words would represent your new version?

Example: Light, focused, inspired.

### C. The bridge between both realities

Between the words of your present and those of your transformation, there is a space of possibilities.

3. What alternatives do you need to generate to broaden your horizon?

4. What experiences do you need to redefine to create a new present?

5. What changes do you need to activate in your life to start transforming yourself?

### D. Your Evolution Starts Now

Keep these answers and return to them throughout the course.  
Your transformation begins with self-awareness and action.