



CONQUER YOUR CHALLENGES

WITH MATT UPTON

916.708.8103

Matt@MattUpton.net

Conquer Your Challenges

Choose Acceptance over accusation
Choose Believing the Best over betrayal
Choose Courage over cowardice
Choose Determination over destruction
Choose Elevation over elimination
Choose Faith in over fault finding
Choose Grace over grumbling
Choose Harmony over hassling
Choose Inclusion over impeachment
Choose Joyfulness over judging
Choose Kindness over kamikazeness
Choose Love over limitations
Choose Magnitude over maliciousness
Choose Nearness over neutralizing
Choose Openness over outburst
Choose Peaceful patience over pressuring
Choose Quietness over quarreling
Choose Restoration over revengeful restriction
Choose Sincerity over silver-tongued
Choose Thoughtfulness over threats
Choose Unitedness over ultimatums
Choose Value over vengefulness
Choose Welcoming over withdrawing
Choose Xo over x'ing people out
Choose Yes over yelling
Choose Zealousness over zapping others

Let's Conquer Your Challenges

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