**Quest**

**Week 5**

**Creating Success Habits**

Creating a successful habit or set of routines is vital in staying on track for any success.

We started last week with journaling. Another key element in success is a process called Personal Sanctuary” This is a process my mentor Peter Shaw showed me and has helped me stay on track.

Your action for this week is to check out Peters short video below and create your own personal sanctuary.

**Action for week 5**

<http://www.scaryandexciting.com/personal-sanctuary/>

Password is success