

# PATIENCE

*The analogy of the fast lunch refers to how we sometimes get greedy and want to just go after our target or goal while ignoring the barriers we have to overcome to reach it. It takes patience to reach our goals.*

*We live in a self-created, fast-paced, immediate gratification world. Because of this, I believe we miss out on life and our lack of patience creates unnecessary problems.*

*List the areas in your life you could have more patience.*

*Write down your own ideas or ideas you gather from others about how you can increase your patience.*



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