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**Shadow of the Month: Competitive**

Start with saying this statement to yourself 5 times. Breath it in to your body. ***I am competitive.***

**Why is it powerful to integrate the energy of competitiveness?**

Competition makes you get better. It’s about improvement and reaching your greater potential. When you excel at something you increase your self-worth and self-esteem.

**What are the virtues of being competitive?**

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**Is there any part of you or any part of your history where you have been competitive?**

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