



PRESENTS

OPPORTUNITY

Decision-Maker

Your mind is extremely powerful. It will believe whatever you tell it to believe, and will then find evidence to support those beliefs. That's why it's crucial for you to tell it positive messages that will take you toward your goals.

A great way to do this is to become aware of the messages you're currently allowing in your mind. Then, exchange the negative ones for positive ones, and reinforce them so they become your "new normal." The following exercise will help you do just that.

1

WHAT IS THE OPPORTUNITY?

2

DOES THIS OPPORTUNITY MAKE SENSE?

3

WHAT'S THE WORST THAT CAN HAPPEN?

4

HOW DOES THE OPPORTUNITY MAKE YOU
FEEL?
