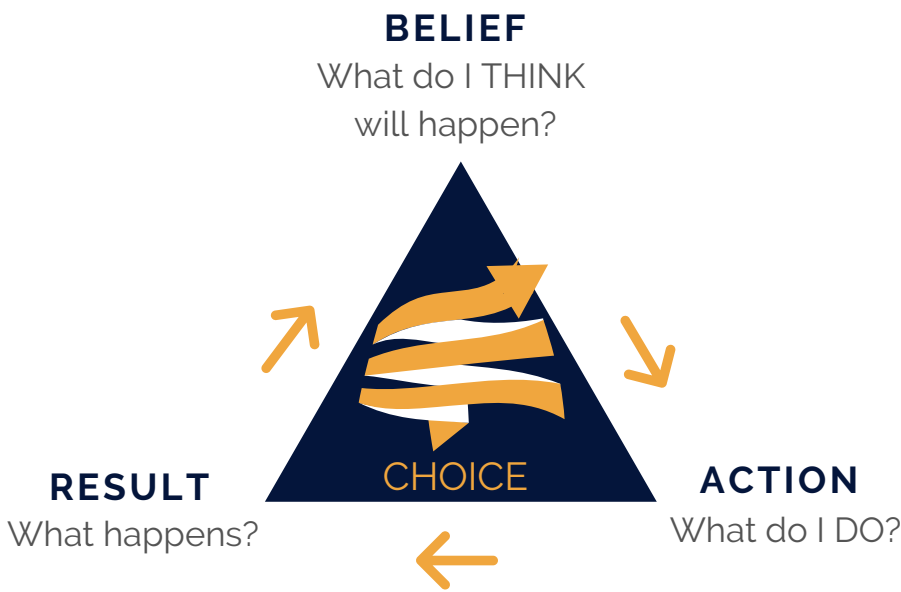




BELIEF - ACTION - RESULT

What would you do if you knew you couldn't fail? How would that feel? What would be possible?

BELIEFS CREATE POSITIVE OR NEGATIVE SPIRALS



Your THOUGHTS create your REALITY...

You have 100% control over your BELIEFS and your REALITY

SPIRALLING? What BELIEFS will turn NEGATIVE to POSITIVE?

I (choose to) BELIEVE...
The ACTION I must take is..
The RESULT I WILL get is....

I (choose to) BELIEVE...
The ACTION I must take is..
The RESULT I WILL get is....

REMEMBER
Deliberate practice changes habits

Do it until you feel it!



What do you believe will happen?



What action do you take as a result?



What result do you get?



What could happen if you took the opposite action?



What's stopping you?