

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy

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“YOUR RECIPE FOR SUCCESS”

A good recipe is shared again and again for the consistent results it produces. I have often been reminded to begin your week with the end in mind to experience the best results.

Did you know that it all begins with your amazing brain? As you visualize your end results for this week, commit to building and maintaining your “endless” positive energy through first practicing gratitude. I wonder what are you grateful for?

Next, share your positive energy and goal with a minimum of five (5) persons you know. Keep in mind, your enthusiasm will get you closer to your reality. Keep in mind, connecting with those you know will help to build your confidence in connecting with others who may have what you need!

To ensure the results you desire, step outside your box of comfort and ask another for what you need or desire for this week. Life stories share that everything you need is just one person away!

You now have a great recipe for success!

In summarizing, let’s follow these positive action steps of connecting with (1) yourself through gratitude, (2) five others you know, and (3) others who may have what you need or desire.

To ensure your best results, be prepared to share your plan of action discussing (with enthusiasm) how, when, where, who, and why you are determined to make your goal a reality.

In closing, I challenge you to follow these recommended steps daily. Your amazing brain grows with focus and creativity through repetition of your action steps.

A pleasant reminder is “Successful people do simple things extraordinarily well”.

This definitely includes you!

Jumpstart your brain; jumpstart your life!

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