

DO YOU HAVE WHAT IT TAKES

to

Jumpstart your Brain for “Endless” Energy

Marcia Harris, MA, CLL June 2020 Series



“The Art of Winning your Battle”

“With today’s national health challenges, winning involves more than one area in your life in order to maintain balance. Your victory includes developing a strategy for a physical, mental, and spiritual victory.

Before focusing and on your own victory and strategy to succeed, it is important to first look around and consider helping others who appear to be less fortunate in life.

Studies remind us that we are in one of three places in life: (1) you may be entering a storm, (2) you may be in the middle of a storm, or (3) you may be coming out of a storm.

Keep in mind, you succeed when you help others to succeed in life. Regardless of your position in life, you have a story to share from lessons learned in your life struggles or from helping others. Yes. You will gain wisdom and awareness as you are going through!

Your amazing brain will become creative as you overcome each moment of your struggle. You will remind yourself again and again that you will be better prepared the next time you come face-to-face with a similar situation.

You will learn that it is vital to heed the warning signs. In other words, you will not assume it is just your imagination. You will realize it is accompanied by your intuition giving you foresight.

Success stories share that your intuition prompts you to make your best move and works with your imagination visualizing the end result.

Albert Einstein shared that “your imagination is a preview of what is to come.”

In closing, overcoming, learning with insight, and sharing your strategy for victories is an art that will make you a valuable tool in helping others to win their life battles.

I was reminded by the late Zig Ziglar that “It is not what you accomplish in the end but **who** you become in the process.”.

Jumpstart your brain; jumpstart your life.”

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