

Think It-> Say It -> Be It: Use Your Words to Change Your Life

→ Are you *continually* “working” on your life with little or no improvement?

→ Do your affirmations seem like broken records?

→ Have you been told to meditate – and wind up regurgitating unwanted thoughts?

If you want to make positive and permanent changes in your life, learning the art and science of using your thoughts and words to transform your life is the key.

The course material is based on the book *Think It->Say It->Be It: Use Your Words to Change Your Life* and the book’s accompanying Playercises (fun exercises!)

Think It-> Say It-> Be It: Use Your Words to Change Your Life examines:

- How your mind works
- Best strategies for learning more resourceful behavior
- Physiological factors of the optimum learning state of mind
- Breathing techniques
- Language techniques
- Energy balancing techniques

After 8 hours, you will know how to:

- Structure your self-talk to work for you
- Relax anywhere, anytime
- Free yourself of unwanted habits
- Conquer negativity
- Write your own affirmation scripts
- Create affirmations that work for you
- Make positive and permanent changes in your life

Includes a Playercise Journal with all 16 Playercises.