



7 Day Mindset Series: How To Boost Your Confidence, Stay Focused, Achieve The Results You Want, Believe In Yourself & Overcome Your Biggest Fears In 7 Days?

Benjamin P Bonetti

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7 Day Mindset Series - How To Boost Your Confidence, Stay Focused, Achieve The Results You Want, Believe In Yourself & Overcome Your Biggest Fears In 7 Days... NOTE: This is to be used in conjunction with our 7-Day Mindset Series and should be completed subject to guidance and progress within this program. Book Snippet: Who Controls What? Identify ten activities that are important to you - activities that would make your life richer or more meaningful. Write ten activities, and then rank each activity according to how difficult it would be to accomplish where 1 is the easiest and 10 is the hardest. Knowing Where To Go! Most have a rough schedule hidden away in their mind, with times to wake, eat, train, work, sleep but when questioned about specifics, few have a set program that supports their greater vision. When looking to deliver high performance it is important to understand where every awakened hour is spent, from the 15-minute stop at the local café to the 3 hours on social media – each should be considered in terms of ‘Progressive Value’. Thoughts Become Your Actions. At times we can fall into unproductive ways of thinking, as a result we ‘guide’ ourselves to a place that will never bring about a proactive and supportive blueprint. Taking ownership over your own thoughts then adds accountability, and with accountability becomes a greater choice. The choice to either continue accepting that way of living or change based on something that excites us.

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Anthony Doucet:

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Jonathan Garcia:

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Margaret Babin:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love 7 Day Mindset Series: How To Boost Your Confidence, Stay Focused, Achieve The Results You Want, Believe In Yourself & Overcome Your Biggest Fears In 7 Days?, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

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