



ADVANCED MINDSET TRAINING FOR ENTREPRENEURS,
BUSINESS OWNERS, AND HIGH PERFORMERS

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The Learn Your Brain Positive Momentum Process

Make a list of at least 5 things that put you in a high-flying, great feeling place. Continue to increase the number of things you write each day.

Here are some suggestions to get you started:

<p>Things I appreciate today about a person, an animal, surroundings, myself, a thing, an event, a meal, an article of clothing.</p> <p>Things/people that make my life easier.</p>	<p>Things I love/appreciate about my business/job, car, route to work, my house/apt., nature, my town/city.</p> <p>A song/poem/book/movie/memory that puts me in happy place.</p>	<p>Small things working well in a relationship, an event, my business/job.</p> <p>A positive interaction or synchronicity that happened today.</p> <p>Something I'm looking forward to.</p>
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“Think about your overall level of positivity, which is like the thermostat of your success. If you can manage to increase your overall level of positivity, whether you find positive thoughts about your business or something completely unrelated, it will have a contagious effect on every aspect of your life. It’s like resetting your success thermostat to a higher level.” ~Dr. Nita Matthews-Morgan & Josh Matthews-Morgan