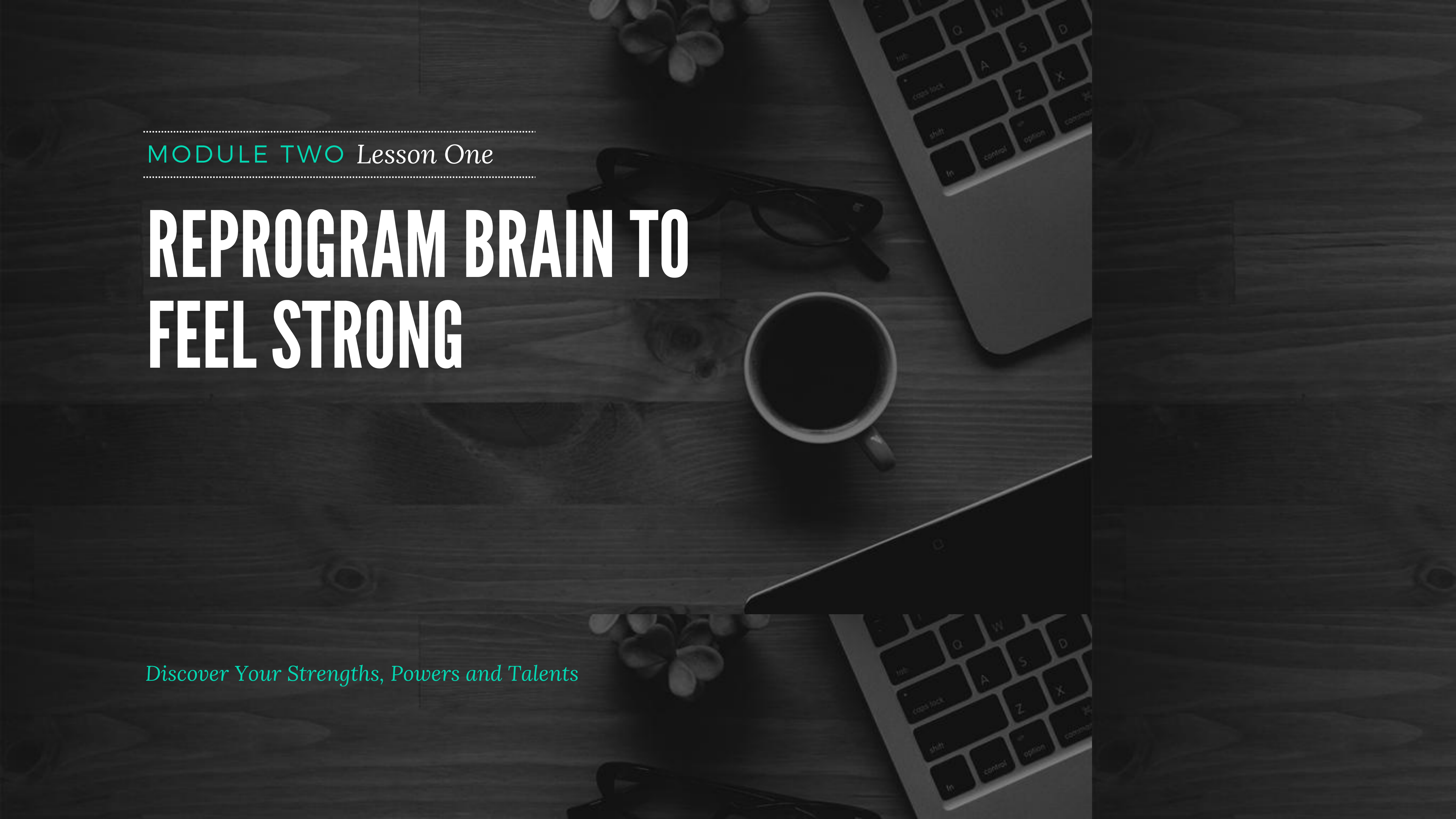




.....
MODULE TWO Lesson One
.....

REPROGRAM BRAIN TO FEEL STRONG

Discover Your Strengths, Powers and Talents



WHAT YOU WILL LEARN

- ▶ What are strengths and how are they different than skills
- ▶ Uncovering Your Sensory Experiences for feeling both weak and strong
- ▶ A Meditation to Reprogram Your Brain to Feel Strong

LESSON ONE

WHAT ARE STRENGTHS?

- ▶ Strengths give you the tenacity to succeed
- ▶ Skills are learned practices
- ▶ Talents have to do with how you approach thinking and process information

IN THIS LESSON YOU WILL:

- ▶ Fill out the 4 step worksheet for uncovering sensory experiences for feeling both weak and strong
- ▶ then
- ▶ Do the meditation for Reprogramming Your Brain to feel Strong

Discover Your Strengths, Powers and Talents



LESSON ONE *Reprogram Your Brain to Feel Strong*



STEP 1 REPROGRAM BRAIN TO FEEL STRONG

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING WEAK

Discover Your Strengths, Powers and Talents



STEP 2 REPROGRAM BRAIN TO FEEL STRONG

LOCATE YOUR SENSORY EXPERIENCES FOR FEELING WEAK IN RELATION TO YOUR HEIGHT

Discover Your Strengths, Powers and Talents



STEP 3 REPROGRAM BRAIN TO FEEL STRONG

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING STRONG

Discover Your Strengths, Powers and Talents



STEP 4 REPROGRAM BRAIN TO FEEL STRONG

LOCATE YOUR SENSORY EXPERIENCES FOR FEELING STRONG IN RELATION TO YOUR HEIGHT

Discover Your Strengths, Powers and Talents

NEXT DO THE MEDITATION

REPROGRAM YOUR BRAIN TO FEEL STRONG

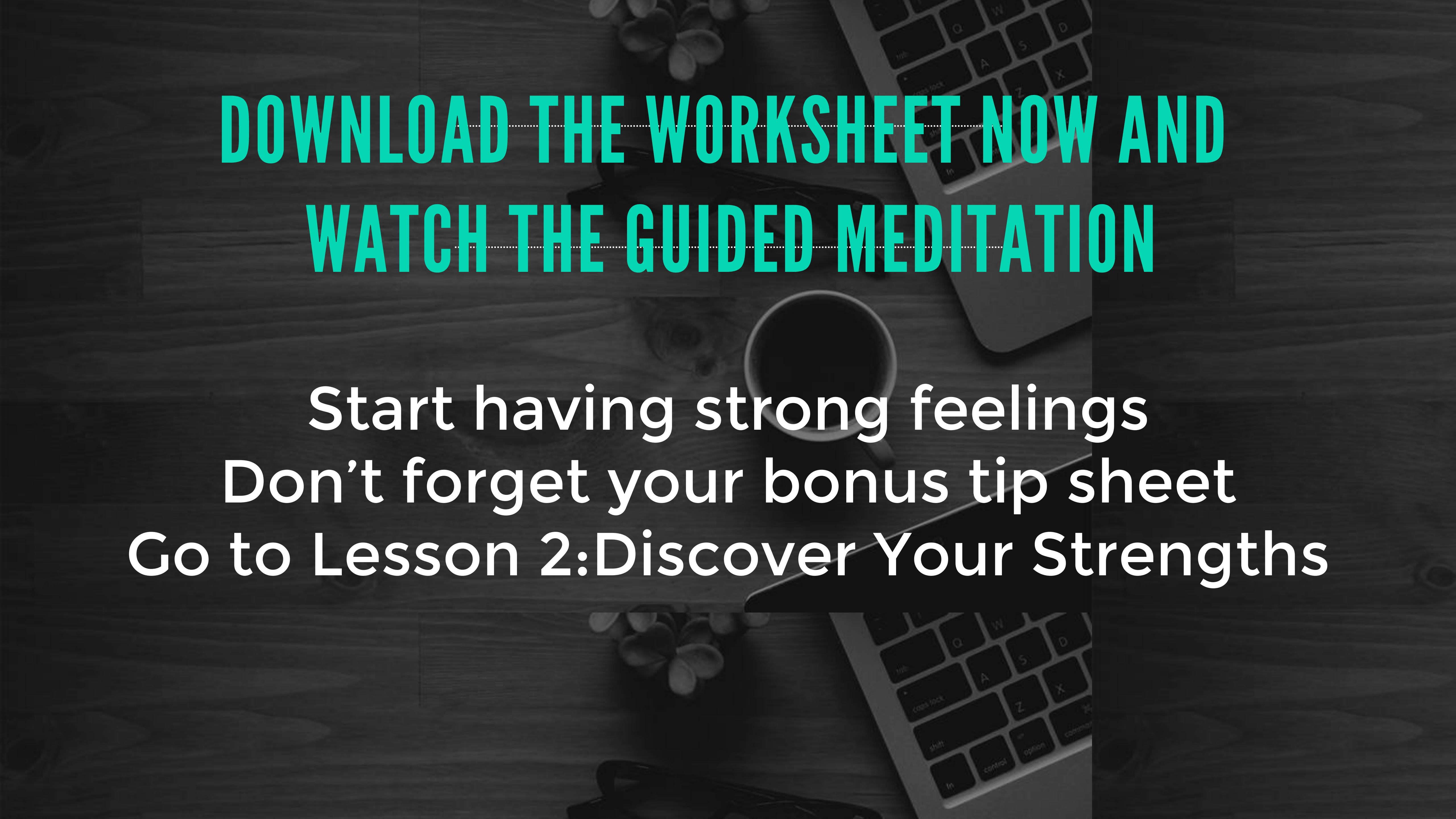
- ▶ When you have a clear idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation.
- ▶ The video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions 4 times.
- ▶ Be gentle with yourself and surrender to your unique process.



AN IMPORTANT POINT

**REACH DEEP THETA
USE EAR LISTENING DEVICES
FOR MEDITATION**

Discover Your Strengths, Powers and Talents



DOWNLOAD THE WORKSHEET NOW AND WATCH THE GUIDED MEDITATION

Start having strong feelings
Don't forget your bonus tip sheet
Go to Lesson 2: Discover Your Strengths