

Train Your Brain, Claim Your Power

Prepare to Enjoy the Best,
that Life Has to Offer,
No Matter What!

by Susan Sherayko & Dr Pezzini

fire

business failures

Loss of wealth and property

death

You can cope with

career interruptions

divorce

landslide

earthquake

flood



I don't have enough time

I don't want to rock the boat

I'm too old

Your inner voice

feel angry, depressed, worried

I'm afraid

negative habit

I don't have enough money

I'm stuck

I don't want to let go of the past

I feel overwhelmed

Your feelings

I feel angry, depressed, worried

I've been hurt

I'm afraid

I feel powerless to change

You feel **powerless** when you are **unprepared**

Fearful in the depths of despair

When you don't know what you do, it's challenging to create a new vision



You are always powerful,
and you can change your circumstances
when you train your brain to claim your power, with:

- Knowledge
- Experience
- Habits



1 way is to **focus** on your **purpose**, that helps you:

- Handle problems
- Make decisions about your next steps
- Provide an anchor to go back to in good times or challenging ones
- Be prepared



To enjoy the best life, that has to offer requires 3 components

1. ID what you want
2. Know why you don't have it
3. Plan Resources to be ready & resilient for challenges



Passion to Get What You Want Most in Life

Gain clarity on what you want NOW and WHY it provides you with:

- Inspiration
- Inner drive
- Tenacity
- Resilience to move forward

Then begin to pursue your goals



Purpose is being resilient

- Gives life value and direction
- Focuses on the future
- Improves ability to bounce back from setbacks
- Keeps healthy
- Gives a sense of accomplishment, connection to others, love, hope, well-being and joy



Actions lead to goals attainment

- And improvement
- Provide a mental anchor, to return to regularly
- Foster persistence and successful habits



Goals help:

- Examine where you go
- Identify the resources you possess to move towards
- Connect with something greater than yourself, and infuse life with meaning
- Bring peace



Write about your purpose

- Describe it
- What is it, about your goals, that resonates deep, within you?
- What, about your purpose, fills you with enthusiasm and drive?
- What has to happen before you can achieve your purpose?
- Draft a plan

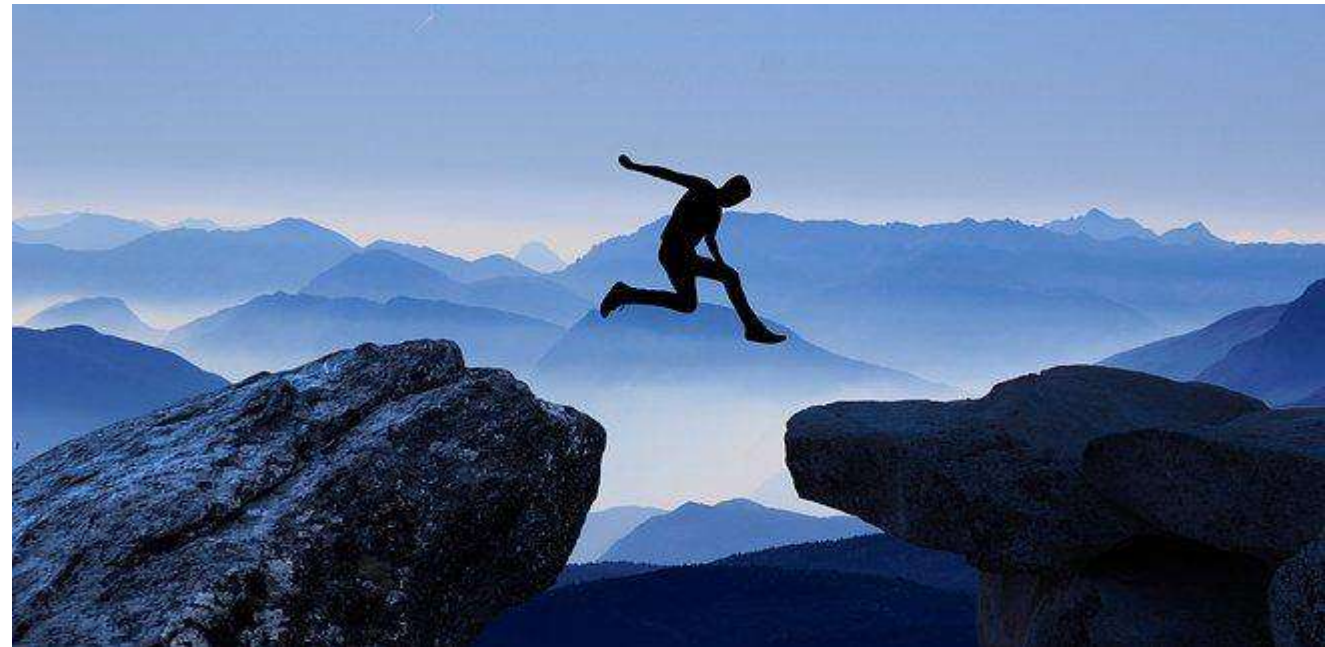


What's stopping you?

- Have you set out a strong purpose and goal?
- Do you have an action plan?
- Have you taken any action?
- If so, what were the results? Were you happy with them?
- If not, what got in the way?

Take the next step

The reasons you tell yourself, why you cannot achieve your goals, are part of a pattern, that gets in the way;
they inhibit your ability to overcome challenges



finances

self-talk

health

Support systems

Prepared for unexpected

Manage emotions

habits

**Join Me for a deeper look at how to
Train Your Brain and Claim Your Power**

limiting beliefs

feelings

thoughts

thrive

resilience

Relationships

Make a difference

faith

Positive Self Talk

Purpose, Vision and Goals

Power of the Mind

Plan

The Key is the Process

Outer Game & Inner Game

Action

Visualize

Power Questions

Review