

Lost your mojo?

Reignite the fire within you

Any area that you are disempowered, someone else will take over. However, there is a way to be empowered in all areas of your life. My challenges taught me the principles I live by today. I may be a potty mouth but I do know how to shift a thought process to snap you out of a disempowering state. Desperation and overwhelm leads to frustration and negativity. Inspiration leads to fulfilment and gratitude. Learn to use these strategies and you will reap the rewards in more ways than you can imagine.

3 Step Thought Shifting Process

- 1** Write down specifically the the things that are uninspiring to you:
This could be a task, a person or anything that drains your energy.
- 2** Answer the question for each thing “How does this uninspiring task/event benefit me?”:
You may find this challenging at first but once you to get past 5 it will flow fast.
- 3** List 30+ benefits for each on the list:
YES 30+ (for each task) but I promise you this is the key to shifting your thought process and putting the shine back in your eyes.

Deborah Cooper is Australasia's first Master Certified Demartini Method Facilitator with extraordinary knowledge on human behaviour. No surprise - she's been doing it for 11 years! She's a “Stress & Conflict Resolver”. Her work is based on Universal Laws and The Demartini Method®. This process neutralises an emotional charge and is perfect for personal or business challenges.

FREE DOWNLOAD: *How To Avoid Overwhelm And Stay In The Zone*

Grab yours for free at www.debzcooper.com/overwhelm
or to book a session email me@debzcooper.com

