

## Visualization - Create Your Reality & Live Your Life Beyond Your Expectations

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In simple terms, whatever you “Think” can become a reality in your life. In our own lives, we attract experiences and consequences related to the thoughts in our mind.

This workshop will provide an introduction to this philosophy and also an arena to take your practice to a deeper level. Workshop participants will learn crucial strategies and be given a skill set that includes personal motivation, goal setting, visualization skills, goal mapping, thought management, and more.

Whether you want to attract new experiences, relationships and situations, or have a greater sense of wellbeing, this workshop will show you how to master visualization to better shape ones’ thoughts to achieve goals.

### Workshop Objectives:

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- Learn a program of effective, practical tools to define, plan and obtain goals
- Empower participants with a proven, practical approach to personal development
- Learn to live in a constant state of abundance
- Develop an attitude of gratitude
- Master negative to positive momentum shifts
- Learn the principles of the Law of Attraction to create your reality
- Let go of negative thought habits that have been blocking dreams and ambitions
- Establish new patterns of thinking



For more information on this workshop please contact:

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