

Formula
for a
Preferred Life

Recognize that only this
moment exists...

The past is a memory and the
future is a dream...
they exist only in your mind.

Recognize that
your attention is your
creative energy...

What you give your attention to,
you make more real in your life.

Recognize that
what you empower with
your attention
in this moment
becomes your life.

Recognize that
you are empowering
the thoughts you entertain...

You are making them real.

Are the thoughts
you're entertaining
leading you
toward or away from
what you want?

Disengage the thoughts
that aren't serving you.

All of them.

Fear is a thought...

Doubt is a thought...

Worry is a thought...

Stress is a thought...

Pain is a thought...

Use the JATAT* process
to disengage a thought.

*Just A Thought About That™

For help with this,
download your free copy
of the JATAT Guidebook

at

www.ChangeYourMynd.com