

PROGRAMMING IS AUTO-PILOT

FAMILY OF ORIGIN PROGRAMMING

- PARENTS
- SIBLINGS
- EXTENDED FAMILY

SOCIETY PROGRAMMING

- FRIENDS & THEIR FAMILIES
- STRANGERS
- CO-WORKERS
- BOSSES
- WORK
- SCHOOLS
- CHURCHES
- GOVERNMENT
- COUNTRY OF ORIGIN
- RACE

DE-FRAG YOUR PROGRAMS

HEALTH-HOME & BODY

REVIEW THE THINGS THAT YOU HAVE BEEN TAUGHT BY OTHERS ABOUT HEALTH HOME AND THE BODY AND DECIDE IF YOU BELIEVE EVERYTHING YOU HAVE BEEN TAUGHT. RECORD IN A JOURNAL OR NOTEBOOK.

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WEALTH-MIND & MONEY

REVIEW THE THINGS THAT YOU HAVE BEEN TAUGHT BY OTHERS ABOUT WEALTH-MIND & MONEY AND DECIDE IF YOU BELIEVE EVERYTHING YOU HAVE BEEN TAUGHT. RECORD IN A JOURNAL OR NOTEBOOK.

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LOVE-HEART & RELATIONSHIPS

REVIEW THE THINGS THAT YOU HAVE BEEN TAUGHT BY OTHERS ABOUT LOVE-HEART & RELATIONSHIPS AND DECIDE IF YOU BELIEVE EVERYTHING YOU HAVE BEEN TAUGHT. RECORD IN A JOURNAL OR NOTEBOOK.

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SELF-EXPRESSION: SOUL & CREATIVITY

REVIEW THE THINGS THAT YOU HAVE BEEN TAUGHT BY OTHERS ABOUT SELF-EXPRESSION: SOUL & CREATIVITY AND DECIDE IF YOU BELIEVE EVERYTHING YOU HAVE BEEN TAUGHT. RECORD IN A JOURNAL OR NOTEBOOK.

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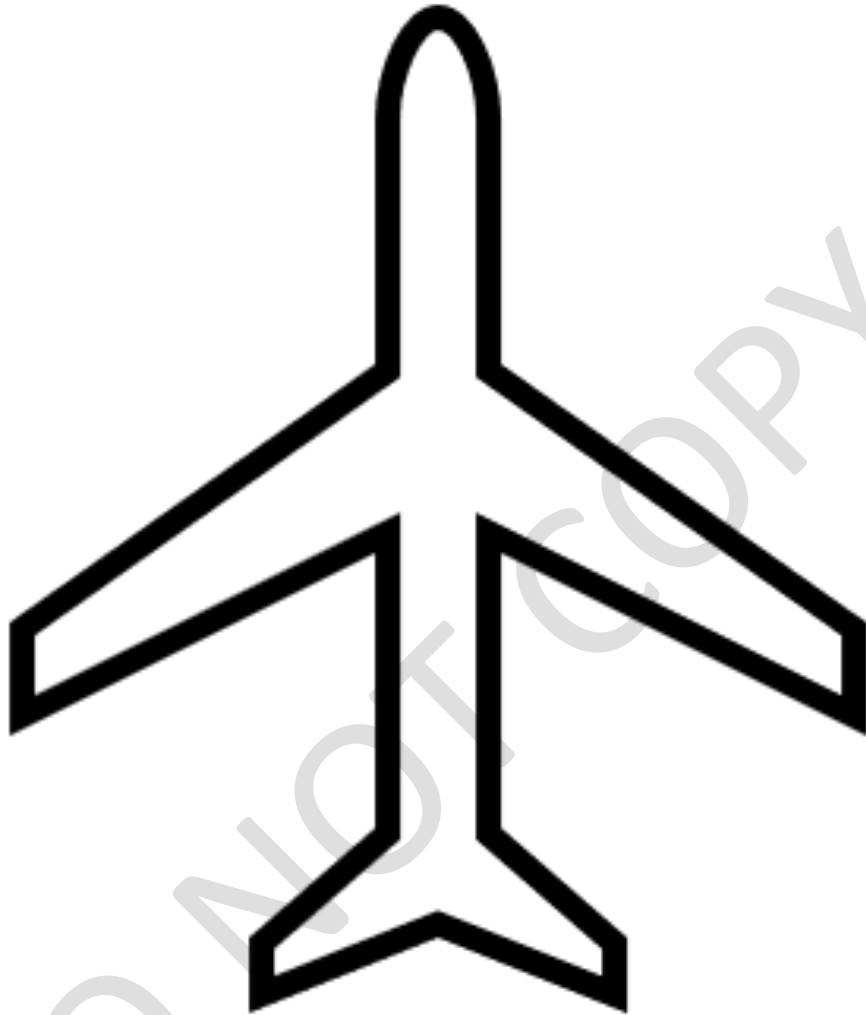
REWRITE THE PROGRAMS

THE REASON THAT MANY TIMES WE DON'T ACCOMPLISH THINGS WE WANT TO DO IS BECAUSE WE ARE OPERATING ON AUTO-PILOT WITH A PROGRAM OR THOUGHT WE DIDN'T EVEN KNOW WAS PART OF OUR THINKING. WHEN WE STOP AND REVIEW OUR THOUGHTS AND OUR PROGRAMMING, DEFRAG THEM THEN WE CAN REWRITE THE PROGRAM OF OUR LIFE AND BE THE PILOT.

List all the ways you have self-sabotaged in the past?

Are you ready to pilot your life?

DO NOT COPY



BECOME YOUR OWN PILOT

BREAKDOWN YOU DESERVE

VICTIM:

_____ I DO _____ !

VOLUNTEER:

_____ I KNOW _____ ?

VICTOR:

_____ I _____ ?>?

HOW TO SIMPLY BE MORE RESILIENT

1. MINDSET:

CONTROL OF YOUR THOUGHTS

2. PROCESS:

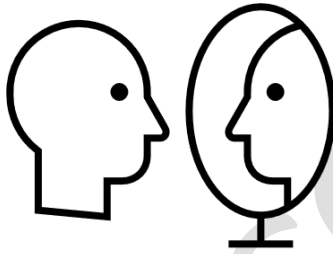
EXTREME OWNERSHIP OF YOUR

- **LIFE**
- **TIME**
- **FREEWILL**

3. RESULTS:

COMMITTED TO YOUR OUTCOME

WHY DO I DO WHAT I DO?



I CAN BUT WILL I?

DO NOT COPY