



Enjoy the Life You Want To Live. Your Financial Freedom Starts Now!

Exercise

The first thing we need to do is to take a minute and write down all of the things that make you feel unsatisfied.

Examples: *I can't close a sale, I don't have enough money, I wish I was in better shape, I don't have enough time.*

Now, on the other side of the page, replace your negative statement with a positive statement.

Examples: *I can close a sale, I will make a way to get the money, I will exercise everyday, I will make the time.*



Negative / Positive

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

By doing these exercises you will build the confidence to create the results you desire!