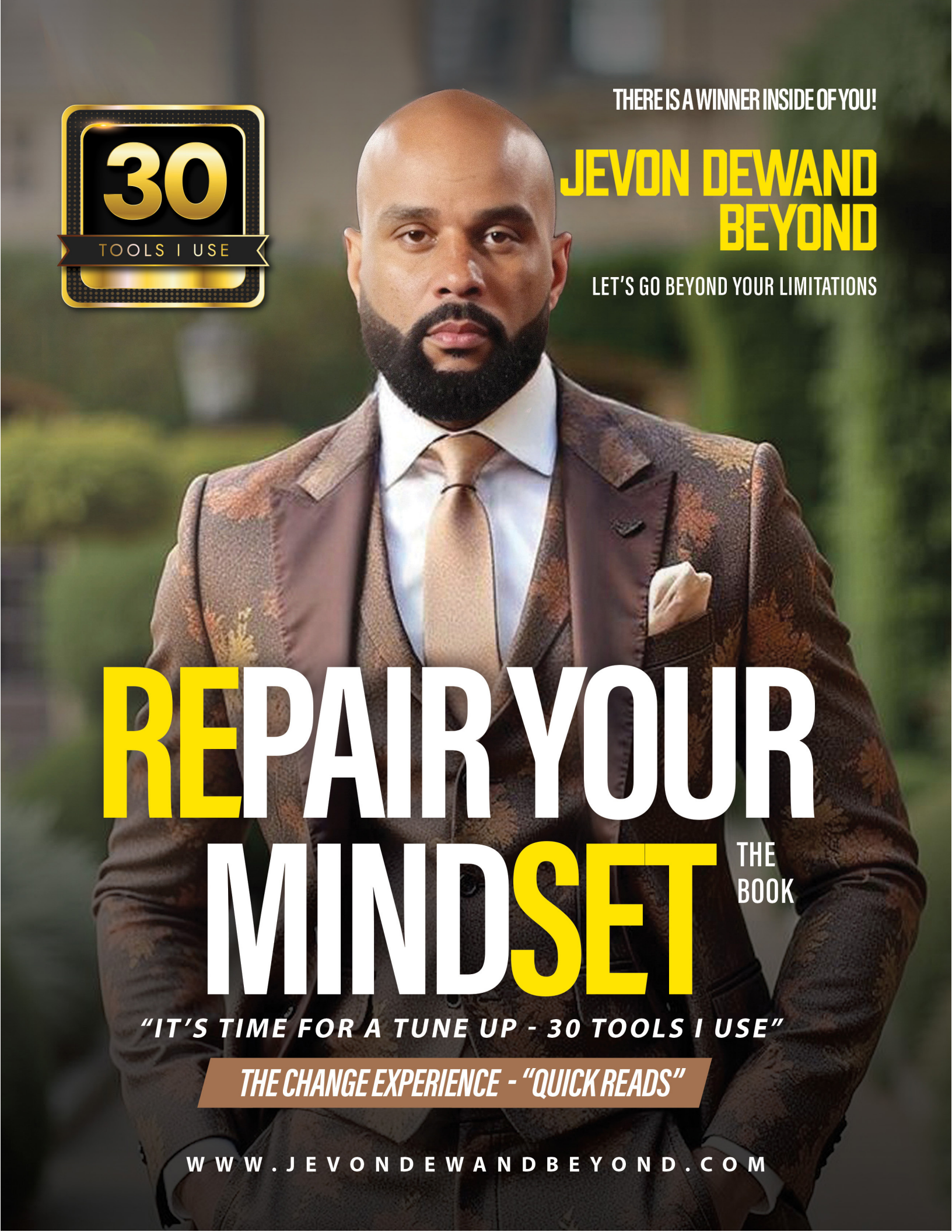
30
TOOLS I USE
THERE IS A WINNER INSIDE OF YOU!
JEVON DEWAND BEYOND
LET'S GO BEYOND YOUR LIMITATIONS
REPAIR YOUR MINDSET
THE BOOK
"IT'S TIME FOR A TUNE UP - 30 TOOLS I USE"
THE CHANGE EXPERIENCE - "QUICK READS"
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TOOL 1: MAKE YOUR BAGGAGE LUGGAGE.

STOP CARRYING AROUND THE THINGS YOU HAVE BEEN THROUGH AND LETTING THEM WEIGH YOU DOWN! YOU'RE HEAVY, HARD TO DEAL WITH, HARD TO TALK TO, AND HARD TO BE AROUND. LET'S USE OUR ADVERSITY AS POWER. TAKE EVERYTHING YOU HAVE BEEN THROUGH AND MAKE IT LUGGAGE—CARRY IT AROUND IN STYLE. MOST PEOPLE CHECK THEIR BAGS AT THE AIRPORT, AND IT'S VERY HARD TO FIND THEM AT BAGGAGE CLAIM BECAUSE THEY ALL LOOK THE SAME. BUT YOUR LUGGAGE HAS MORE VALUE. IT DOES THE SAME THING—IT CARRIES THINGS AROUND—BUT THE DIFFERENCE IS YOU TAKE IT WITH YOU, AND EVERYONE SAYS, "OH, WHAT A NICE BAG," BECAUSE YOU WALK DIFFERENTLY WHEN YOU ARE HEALED.

ARE YOU READY TO TAKE FLIGHT?

TOOL 2: YOU MUST FIND AT LEAST 15 MINUTES, THREE TIMES A WEEK, TO WORK OUT.

IN THE GYM, AT HOME, ON THE TRACK, OR OUTSIDE. IT DOESN'T MATTER! HEALTH IS WEALTH. WHAT YOU DON'T REALIZE IS THAT WHEN YOU ARE TIRED AND DON'T FEEL LIKE FINISHING THAT LAST SET, THAT IS WHERE YOUR RESILIENCE IS BORN—NOT JUST IN WORKING OUT BUT IN LIFE AS WELL! PAIN IS A GOOD REMINDER THAT YOU ARE STILL ALIVE, AND PUSHING THROUGH THE PAIN IS A GREAT REMINDER THAT YOUR RESILIENCE IS STRONG. KEEP GOING AND DON'T GIVE UP!

ARE YOU GOING TO WORK OUT TODAY?

TOOL 3: TAKE FIVE MINUTES OF YOUR DAY TO SIT STILL.

CLOSE YOUR EYES, MEDITATE, AND MANIFEST THE THINGS YOU DESIRE AND THE THINGS YOU HAVE OVERCOME. SEE YOURSELF AS A SUPERHERO, A SUPER MOM, A SUPER FATHER, OR A SUPERHUMAN—MAKING IT WORK WHEN EVERYONE THOUGHT IT WAS IMPOSSIBLE. BREATHE IN. NOW BLOW OUT. BREATHE IN AGAIN. NOW BLOW IT OUT! WE CALL THIS BREATHING IN POSITIVITY AND BLOWING OUT NEGATIVITY. WE ARE REPLACING ALL THE B.S. WITH POSITIVE ENERGY. AFTER YOU FINISH, SAY OUT LOUD: "I AM RESILIENT, AND THE ONLY KRYPTONITE I HAVE IS MY THOUGHTS."

ARE YOUR THOUGHTS THE OXYGEN IN YOUR LIFE?

TOOL 4: "MIRROR WORK." I SPEAK POWER TO THE PERSON THAT I AM LOOKING AT.

EVERY MORNING WHEN I WAKE UP AND BRUSH MY TEETH, I DO SOMETHING CALLED "MIRROR WORK." I SPEAK POWER TO THE PERSON THAT I AM LOOKING AT. I WANT YOU TO TRY THIS: SAY, "I AM GREAT. I DESERVE THE ABUNDANCE FROM GOD. I'M HEALED. I'M POWERFUL. I AM A WINNER. I WILL NEVER BE PERFECT, BUT I AM PRESENT IN MY GROWTH. GOD WOKE ME UP FOR A REASON. I HAVE A PURPOSE. NO MATTER HOW MANY NO'S I GET, I WILL KEEP GOING UNTIL I GET MY YES."

REPEAT THIS OVER AND OVER AGAIN UNTIL THE PERSON IN THE MIRROR STARTS TO BELIEVE THE PERSON THAT IS SAYING IT.

TOOL 5: SIGHT IS A BLESSING, BUT VISION IS A GIFT.

SIGHT IS A BLESSING, BUT VISION IS A GIFT, AND NOT EVERYONE WILL SEE YOUR VISION. SO STOP SHARING YOUR VISION BOARD AND MAKE AN ACTIVATION BOARD. EXPLAIN THE STEPS TO ACCOMPLISH THE VISION. MOST PEOPLE BELIEVE IN TANGIBILITY, NOT VISIBILITY, SO YOUR ACTION BOARD WILL MAKE IT MORE BELIEVABLE FOR THEM. THEY WILL NEVER BE ABLE TO AFFIRM, STRENGTHEN, OR CHEER FOR SOMETHING THEY CANNOT SEE.

HAVE YOU EVER EXPERIENCED SOMEONE TALKING YOU OUT OF YOUR VISION?

TOOL 6: EVERYTHING YOU HEAR AND EVERY-THING YOU SEE TAILOR-MAKES YOUR THOUGHTS.

YOU MUST MANAGE YOUR EYES AND YOUR EARS. DON'T GO TO BED LISTENING TO OR WATCHING THINGS THAT ARE HEAVY. INSTEAD, TRY TO WATCH OR LISTEN TO SOMETHING FUNNY OR LIGHT—SOMETHING THAT TAKES YOU AWAY FROM YOUR EVERYDAY REALITY. CREATE AN EMPOWERING MUSIC PLAYLIST WITH SONGS THAT UPLIFT AND INSPIRE YOU! WE MUST BALANCE THE THINGS WE LIKE TO LISTEN TO WITH THE THINGS WE NEED TO INSPIRE US DAILY.

WHAT IS ON YOUR PLAYLIST?

TOOL 7: WRITE DOWN YOUR DAILY GOALS AND CROSS THEM OFF AS YOU ACCOMPLISH THEM.

THIS WILL HELP REMIND YOU THAT YOU ARE A DAILY WINNER. MOST PEOPLE CALL THEM "SMALL WINS," BUT I WANT YOU TO CHANGE YOUR MINDSET AND UNDERSTAND THAT EVERY WIN IS BIG! TRAIN YOUR MIND TO THINK BIGGER AND KNOW THAT YOU CAN ACCOMPLISH THEM. IF YOU SAY THEY ARE SMALL, THEY DON'T HOLD AS MUCH VALUE!

WHAT GOALS DID YOU ACCOMPLISH TODAY?

TOOL 8: MOVE YOUR COIN JAR TO THE SIDE AND REPLACE IT WITH SOMETHING MUCH MORE VALUABLE.

AN "APPRECIATION JAR." AT THE START OF THE WEEK, ADD A NOTE OF GRATITUDE EVERY DAY, THEN AT THE END OF THE WEEK, YOU AND YOUR FAMILY READ THEM OUT LOUD. THIS BECOMES VERY FUN WHEN THE ENTIRE FAMILY ADDS NOTES OF GRATITUDE ALL WEEK. IT WILL KEEP YOU CLOSE TO THE WORD "THANKFULNESS" EVEN WHEN YOU ARE GOING THROUGH IT.

REPEAT THIS WEEKLY!
WHAT ARE YOU THANKFUL FOR?

TOOL 9: AFFIRMATIVE PRAYER.

LOOK UP AT THE SKY, CREATE YOUR AFFIRMATIVE PRAYER, AND THANK THE UNIVERSE FOR ITS BLESSINGS. TRY TO THINK OF THINGS THAT ARE NOT MATERIALISTIC AND MORE IMPORTANT THAN MONEY, LIKE LIFE—THE NUMBER ONE GIFT IN THE WORLD.

WHAT DO YOU DO WHEN YOU RECEIVE A GIFT?
YOU SAY, "THANK YOU!"

TOOL 10: IF SERVING IS BENEATH YOU, LEADERSHIP IS BEYOND YOU.

FIND WAYS TO SERVE. SPREAD GRATITUDE THROUGH ACTION. WHEN YOU GIVE FROM THE HEART, IT FILLS YOUR LIFE WITH JOY. EVEN JUST OPENING A DOOR OR HELPING SOMEONE WITH THEIR GROCERIES CAN UNWRAP A SMILE FOR BOTH OF YOU. I ALWAYS SAY, "I'M A TENNIS PLAYER BECAUSE ALL I DO IS SERVE, SERVE, SERVE!"

WHEN WAS THE LAST TIME YOU UNWRAPPED A SMILE FOR SOMEONE?

TOOL 11: WHAT ARE YOU WAITING FOR?

THE HARDEST PERSON TO CONVINCE IS YOURSELF. DON'T LET YOUR INNER STRUGGLES AFFECT YOUR OUTWARD SUCCESS BY OVERTHINKING OR STAYING IN YOUR COMFORT ZONE. TO BEAT PROCRASTINATION, WORK IN FOCUSED INTERVALS: CHOOSE ONE TASK, SET A 25-MINUTE TIMER, AND WORK WITHOUT DISTRACTIONS. AFTERWARD, ASSESS YOUR PROGRESS AND SET THE TIMER AGAIN, AIMING TO DO MORE. MAKE IT A COMPETITION WITH YOURSELF. WHEN SELF-DOUBT ARISES, TELL YOURSELF LOUDLY, "SHUT UP! I DIRECT YOU, YOU DO NOT DIRECT ME." REMEMBER, DOUBT KILLS MORE DREAMS THAN FAILURE.

WHAT ARE YOU WAITING FOR?

TOOL 12: YOU MUST CHECK YOUR INNER CIRCLE!

! EVERYONE AROUND YOU IS EITHER ADDING TO YOUR LIFE OR TAKING FROM IT. SOMETIMES THE PEOPLE AROUND YOU HAVE THE RIGHT HEART BUT THE WRONG ENERGY, AND THAT CAN STILL CAUSE YOU TO FEEL DRAINED. START BEING INTENTIONAL ABOUT WHO YOU SURROUND YOURSELF WITH.

FIND A CIRCLE OF PEOPLE WHO WILL PRAY FOR YOU, NOT PREY ON YOU.

WHEN WAS THE LAST TIME YOU EVALUATED YOUR CIRCLE?

TOOL 13: IT'S IMPORTANT TO LEARN HOW TO SAY NO!

STOP SAYING YES TO THINGS YOU DON'T WANT TO DO AND THEN COMPLAINING LATER. A YES WITH REGRET IS MORE DAMAGING THAN A NO WITH CONFIDENCE. YOU CAN'T PLEASE EVERYONE, AND YOU SHOULDN'T WANT TO. LEARNING TO SAY NO WILL SET BOUNDARIES THAT PROTECT YOUR TIME, ENERGY, AND PEACE.

DO YOU STRUGGLE WITH SAYING NO?

TOOL 14: MAKE SURE YOUR PRIVATE LIFE MATCHES YOUR PUBLIC LIFE.

BEING ONE PERSON IN PUBLIC AND ANOTHER IN PRIVATE CREATES INTERNAL CONFLICT. THE GOAL IS TO LIVE AUTHENTICALLY SO YOU DON'T HAVE TO KEEP UP A FACADE. PEACE COMES WHEN YOUR LIFE IS ALIGNED WITH YOUR VALUES AND BELIEFS, REGARDLESS OF WHO IS WATCHING.

ARE YOU LIVING AUTHENTICALLY?

TOOL 15: IT'S NOT ABOUT HOW MANY TIMES YOU FALL...

IT'S NOT ABOUT HOW MANY TIMES YOU FALL BUT HOW MANY TIMES YOU GET BACK UP. LIFE WILL KNOCK YOU DOWN, BUT IT'S YOUR CHOICE WHETHER TO STAY DOWN OR GET UP AND KEEP MOVING. EVERY SETBACK IS A SETUP FOR A COMEBACK.

HOW DO YOU OVERCOME FAILURE?

TOOL 16: I KNOW PEOPLE'S PATIENCE RUNS THIN VERY QUICKLY;

SOCIETY AND SOCIAL MEDIA HAVE CONTRIBUTED TO A RAPID PACE OF LIFE THAT MAKES IT HARD TO FOCUS ON WHAT MATTERS. MY MOTHER USED TO SAY PATIENCE IS A VIRTUE, BUT IT'S BECOMING RARE. TO DEVELOP MORE PATIENCE, TRY THESE PRACTICES: CHOOSE LONGER LINES AT FAST FOOD RESTAURANTS, EMBRACE TRAFFIC INSTEAD OF FIGHTING IT, TAKE THE LONG WAY HOME, USE THE STAIRS INSTEAD OF THE ELEVATOR, AND WATCH LONGER MOVIES. THESE SIMPLE ADJUSTMENTS WILL HELP YOU BUILD PATIENCE AND ACCEPT THAT SOME THINGS ARE BEYOND YOUR CONTROL. REMEMBER, GOD'S TIMING IS DIFFERENT—BE PATIENT.

IS IT HARD FOR YOU TO FOCUS?

TOOL 17: WE ALL GO TO PARTIES?

MANY PEOPLE DRESS UP AND FAKE HAPPINESS, MASKING THEIR WOUNDS WITH A PAINTED-ON SMILE. IT'S TIME FOR A CHANGE! NO MORE ATTENDING GATHERINGS FOCUSED ON PAIN AND VICTIMHOOD. HEALING BEGINS WITH ACCOUNTABILITY AND FORGIVENESS—NOT FOR OTHERS, BUT FOR YOURSELF. WHILE DIFFICULT, LETTING GO OF HAUNTING DETAILS IS ESSENTIAL FOR GROWTH.

LET'S CREATE A NEW CELEBRATION—A VIP MEMBERSHIP TO THE "SCARRED PARTY." THIS IS A SPACE WHERE WE EMBRACE OUR STRUGGLES AND SHARE HOW WE'VE OVERCOME THEM. IT'S TIME TO REVEAL YOUR TRUTH AND SHED THE FEARS THAT HOLD YOU BACK FROM HEALING. EMBRACE YOUR JOURNEY, EVEN IF IT BRINGS TEARS.

ARE YOU READY TO HEAL?

TOOL 18: WAKE UP, GET UP, LOOK UP, SPEAK UP

WAKE UP, GET UP, LOOK UP, SPEAK UP, AND TELL GOD THANK YOU FOR THE NUMBER 1 BLESSING IN THE WORLD; LIFE IS A GIFT AND NOT A GIVEN.

DID YOU THANK GOD TODAY?

TOOL 19: DAILY QUESTION PRACTICE: LET'S GET MENTALLY FIT;

THE MINDSET MAKE OVER; YOU HAVE TO PLAY BRAIN GAMES. WHEN IT'S SOMETHING THAT YOU CAN'T FIGURE OUT OR REMEMBER, DON'T ASK ANYONE. LET YOUR BRAIN EXERCISE THROUGH THE PROCESS SO YOUR MEMORY CAN BE STRENGTHENED. IF YOU ARE NOT GOOD AT MATH, DON'T USE A CALCULATOR TRY TO MAKE YOUR BRAIN DO THE WORK. BECOME AN ACTOR EVERY CHANCE YOU GET. READ SOMETHING, TRY TO REMEMBER IT, AND RECITE IT JUST FOR FUN. HAVE CONVERSATIONS WITH A FRIEND OR A PARTNER ABOUT POSITIVITY, ABUNDANCE, AND GOOD ENERGY. MAKE THIS A DAILY CONVERSATION. THIS WILL TEACH YOUR BRAIN HOW TO RECIEVE, FOLLOW, AND REMEMBER ALL YOUR NEW POSITIVE ALGORITHM. YOUR BRAIN IS A LAPTOP, DOWNLOAD-GOOD INFORMATION AND STOP DOWNLOADING VIRUSES.

WHAT ARE YOU THINKING?

TOOL 20: IT'S ALREADY DONE!

PRAY FOR IT. ORDER IT FROM GOD, LIKE YOU ORDER FROM AMAZON AND THEN CLAIM IT. WALK IN REALITY, LIVE IN REALITY, SPEAK IN REALITY BECAUSE YOU KNOW YOUR ORDER IS ON THE WAY IN ABUNDANCE. THEY SAY FAITH WITHOUT WORKS IS DEAD; I AGREE, BUT LET'S NOT STOP THERE; LET'S TAKE IT FURTHER; USE YOUR FAITH ENOUGH TO KNOW WHAT GOD IS GOING TO DO IN YOUR LIFE. REPEAT THIS DAILY. I KNOW! I KNOW! I KNOW! I RECEIVE IT! I RECEIVE IT! I RECEIVE IT! THANK YOU FOR CHANGING MY LIFE. LIVE IN REALITY NOT IN DREAMS.

DO YOU KNOW OR DO YOU HOPE ITS GOING TO COME TRUE?

TOOL 21: THIS NEXT TOOL IS FUN;

IT IS SOMETHING THAT YOU CAN DO BY YOURSELF, WITH YOUR FRIENDS, FAMILY, AND KIDS. CREATE A HERO POSTER; DESIGN A POSTER OF YOURSELF AS A SUPERHERO OVERCOMING ADVERSITY. SEEING THE END RESULT OF WHAT YOU CREATED SUBCONSCIOUSLY CREATES THAT POWER AS A REALITY. SO, I ENCOURAGE YOU TO DO THIS WITH YOUR TEAM, EMPLOYEES, FAMILY, AND CIRCLE. YOU ASK WHY? LET ME ANSWER THAT FOR YOU! ITS BETTER TO CREATE A CIRCLE OF SUPERHEROS THAN TO BE THE ONLY HERO. X MEN, WE ALL HAVE SUPERPOWERS, AND WE COME TOGETHER LIKE A TRANSFORMER TO INSPIRE THE WORLD.

WHAT IS YOUR SUPER POWER?

TOOL 22:
MOST PEOPLE SAY

MOST PEOPLE SAY SIT IN THE DARK AND THINK ABOUT YOUR LIFE, I DISAGREE! I ALWAYS SAY RUN TO THE LIGHT. TURN ON THE LIGHTS IN THE HOUSE, OPEN UP THE DOOR, OPEN UP THE WINDOWS, AND LET THE SUNSHINE BRIGHTEN YOUR LIFE. IT IS SOMETHING ABOUT GOOD WEATHER, THE SUN, TREES, AND CONNECTING WITH THE EARTH THAT BRINGS A HEALING FEELING. EVEN IF IT RAINS, IT CAN HAVE THE SAME EFFECT. I KNOW YOU HAVE EXPERIENCED THE SOUND OF RAIN THAT CALMED YOUR SPIRIT AND HELPED YOU RELAX. EITHER WAY, SPEND TIME BY AN OPEN WINDOW AND LET THE NEGATIVE ENERGY ESCAPE.

HAVE YOU EVER HUGGED A TREE?

TOOL 23: YOU ARE A LAPTOP, DOWNLOAD GOOD SOFTWARE.

YOU ARE A LAPTOP, DOWNLOAD GOOD SOFTWARE SO YOU CAN STOP DOWNLOADING VIRUSES. THERE IS ALWAYS AN IMMENSE AMOUNT OF BAD INFORMATION. BUT ITS HARD TO FIND GREAT INFORMATION THAT CAN EXPAND YOUR INFORMATION SYSTEM. BEING INFORMED CAN BE GREATER THAN EDUCATION BECAUSE SOMEONE CAN BE EDUCATED IN A SPECIFIC LANE. BUT BE UNINFORMED IN THEIR LIFE. HERE IS ONE WAY TO EXPAND, SKILL SWAP, EXCHANGE EXPERTISE WITH A FRIEND TO LEARN SOMETHING NEW. A DOCTOR SITTING ACROSS THE TABLE WITH A TEACHER. A REAL ESTATE AGENT SITTING ACROSS THE TABLE FROM A MAINTENANCE MAN, ASKING QUESTIONS AND LEARNING NEW THINGS. THE KEY IS TO MAKE YOUR LIFE PROCESSING SYSTEM AS VERSATILE AS GOOGLE.

WHO IS ACROSS THE TABLE FROM YOU?

TOOL 24: DANCE OUT NEGATIVITY.

LET ME SEE YOUR TWO STEP: START MOVING, SHAKE YOUR LEGS, TURN ON SOME GOOD MUSIC, AND START DANCING. THIS IS THE PERFECT WAY TO RELEASE ANY ENERGY THAT IS STICKING TO YOU LIKE STUBBORN FAT. IN THE SAME WAY YOU CAN BURN CALORIES, YOU CAN ALSO RELEASE NEGATIVE ENERGY. SO LET'S DANCE OUT THE NEGATIVITY AND USE MOVEMENT TO SHAKE OFF LINGERING TRAUMA PHYSICALLY.

WHEN IS THE LAST TIME YOU DANCED?

TOOL 25: WRITE LETTERS TO THE PAST THINGS YOU WANT TO LET GO;

MAKE IT YOUR DEPARTING LETTER; THIS IS THE LAST TIME WE WILL CONVERSE, THE LAST TIME I WILL THINK ABOUT YOU, AND THE LAST TIME YOU WILL AFFECT MY LIFE. THIS IS NOT TO PEOPLE AT ALL; THIS IS ONLY TO THE TRIGGERS, TRAUMAS, AND BAD EXPERIENCES YOU HAVEN'T LET GO OF. AFTER WRITING THE LETTERS BURN THEM. IT'S GONE FOREVER!

WHAT DO YOU NEED TO LET GO IN YOUR LIFE?

TOOL 26: TAKE A RIDE WITH ME;

THIS WILL NOT BE YOUR ORDINARY RIDE. THIS IS SOMETHING I DO QUITE OFTEN; WE WILL BE SPECIFIC ABOUT THE PATH WE TAKE. LET'S DRIVE THROUGH AFFLUENT NEIGHBORHOODS FILLED WITH RICH, BEAUTIFUL HOUSES. STOP, TAKE A MOMENT, AND SEE YOURSELF IN IT! NEXT, DRIVE PAST THE MOST EXPENSIVE DEALERSHIP YOU SEE, TAKE A MOMENT AND ENVISION YOURSELF HAVING THE CAR OF YOUR DREAMS. AFTER THAT, GO TO THE HIGHEST LUXURY BRAND BOUTIQUE THAT YOU CAN FIND, TRY ON EXPENSIVE CLOTHES AND SHOES, LOOK IN THE MIRROR, AND MAKE IT YOUR NORM. AND YOUR LAST STOP IS TO PARK RIGHT IN FRONT OF THE BANK AND SAY OUT LOUD I HAVE MILLIONS OF DOLLARS, MY BANK ACCOUNT IS FULL, AND NOW I CAN HELP OTHER PEOPLE ACHIEVE THE SAME THING.

DO YOU KNOW THAT YOU DESERVE THE ABUNDANCE?

TOOL 27: REFRAME YOUR ADVERSITY;

WHAT I DO IS ADD PERSPECTIVE TO EVERY CHALLENGING PART OF LIFE! SO, YOU HAVE TO DOWNLOAD DIFFERENT PERSPECTIVES TO REDIRECT YOUR FEELINGS DURING ADVERSITY. WHAT I MEAN BY THIS IS. IF YOUR BACK IS HURTING, LOOK ONLINE AT SOMEONE THAT CAN NEVER WALK AGAIN. IF YOUR BILLS ARE LATE, IMAGINE THE PEOPLE OUT IN THE COLD. IF YOUR DREAMS HAVEN'T COME TRUE, BUT YOU ARE STILL TRYING, IMAGINE PEOPLE THAT HAVE ALREADY GIVEN UP. THIS IS HOW YOU EMPOWER YOURSELF EVEN THROUGH THE STRUGGLES. WHEN YOU ADD PERSPECTIVE TO YOUR THOUGHTS, IT WILL ADD MORE FLEXIBILITY TO YOUR LIFE!

WHAT IS THE NEW PERSPECTIVE THAT YOU ADDED TODAY?

TOOL 28: HOW TO BALANCE YOUR FEELINGS?

THE FIRST THING IS NOT TO GIVE EVERY FEELING SOME ATTENTION. FEELINGS ARE LIKE EBBS AND FLOWS IN THE OCEAN. UP AND DOWN, COMES AND GOES! YOU HAVE TO IGNORE CERTAIN FEELINGS IN YOUR LIFE, OR IT WILL BECOME YOUR LIFE. SO DON'T MAKE EVERY FEELING A THOUGHT! BECAUSE YOU WILL OVER THINK IT, AND THE BIGGEST THING YOU HAVE TO BALANCE IS YOUR MOUTH BECAUSE EVERY THOUGHT IS NOT A CONVERSATION! THERE IS POWER IN WHAT YOU SPEAK; WHEN YOU SPEAK GREATNESS, YOU ATTRACT GREATNESS, WHEN YOU SPEAK NEGATIVITY, YOU LIVE IN IT!

DO YOUR FEELINGS RUN YOUR LIFE?

TOOL 29: ACCOUNTABILITY.

THE HARDEST THING TO FIND, THE HARDEST THING TO DISCOVER, AND THE TOUGHEST THING TO ADMIT WHEN YOU ARE WRONG BECAUSE EVERYBODY WANTS TO BE RIGHT! BUT THERE IS POWER IN KNOWING WHO YOU ARE AND WHAT YOU ARE NOT! AND SPEAKING IT OUT LOUD! NO MATTER WHAT IS GOING WRONG IN YOUR LIFE! YOU PLAY A PART IN IT! I MADE UP A SLOGAN: YOU ARE EITHER A BAD PICK OR A BAD PICKER. YOU HAVE TO FIGURE OUT WHICH ONE YOU ARE! AND ONCE YOU FIND ACCOUNTABILITY IN THAT, THAT IS THE START OF THE JOURNEY TO BETTER DECISIONS.

WHO IS YOUR ACCOUNTABILITY PARTNER?

TOOL 30: NO MORE PRETENDING.

NO MORE PRETENDING THIS IS WHAT CHANGED MY LIFE WHEN I BROKE ALL THE TRADITIONS THAT BECAME MY CONDITIONS IN MY LIFE: "YOU'RE NOT ENOUGH!" YOU ARE FROM A ONE-PARENT HOME, YOU ARE NOT SMART, YOU ARE A DUMMY! YOUR DREAMS WILL NEVER COME TRUE! ALL THE KIDS MADE FUN OF ME AND TOLD ME I WAS A MISTAKE AND HAD NO PURPOSE! I KNEW THIS WASN'T TRUE IN MY HEART, BUT I WALKED AROUND PRETENDING TO BE EVERYTHING THEY SAID I WAS. IT MADE ME UNHAPPY, DEPRESSED, AND INSUFFICIENT. BUT THEN I FINALLY TOOK A REAL LOOK IN THE MIRROR AND SAW THE TRUE ME. I KNEW THAT MY PRETENDING DAYS WERE OVER. I SPOKE LIFE INTO ME, REGARDLESS IF SOMEONE SPOKE ILL OF ME.

TODAY IS YOUR DAY TO TAKE YOUR POWER BACK. NO MORE PRETENDING, SAY I AM ENOUGH, I AM WORTHY, AND GOD MADE ME PERFECT! REPEAT THESE WORDS EVERY DAY WHEN YOU LOOK IN THE MIRROR. DO YOU BELIEVE?