

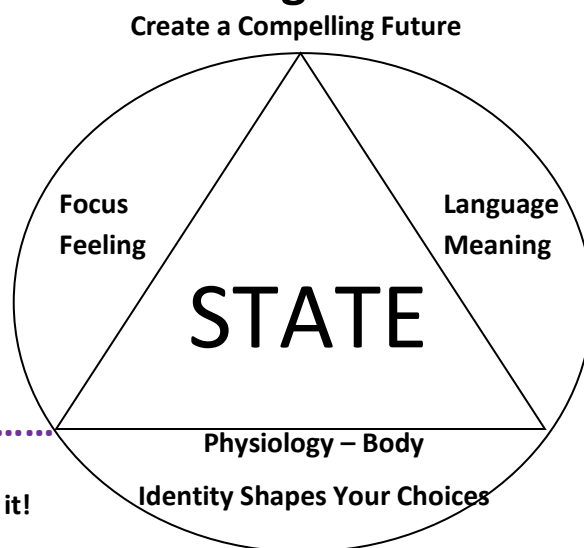
FAB FIVE TO THRIVE – Molders of Meaning!

1. Physiology
2. Focus = Feeling
3. Language/Meaning
4. Create a Compelling Future
5. Identity is Everywhere

We don't do what we can, we **live** what we **believe** we are!
What you **BELIEVE** you can **ACHIEVE**!

See things as they are not worse than it really is.....

- Nothing in my life has any meaning, except the meaning I give it!
- Stories we tell ourselves ... Stories we tell others...
- Make your excuses the reasons to...
- Start modeling others...
- Positive self talk.
- Words 7%
Voice 38%
Physiology 55%



Assignment:

Write down 5 things you tell yourself all the time. IE: I can't..., No time..., No money..., when I..., Should have..., Could have..., You're a..., You can't..., You are...

People's life are direct reflection of the expectations of their peer group.

DECIDE & COMMIT ON EVERY CALL!

(Note: Triad: From Tony Robbins)