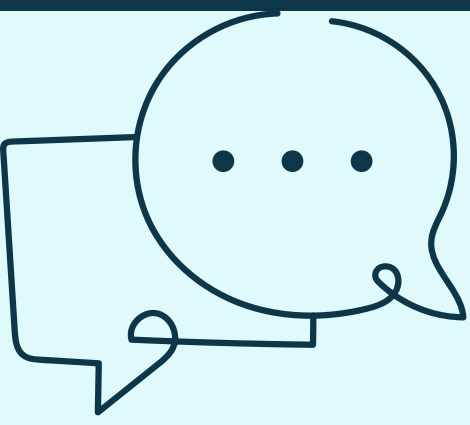


CHANGE YOUR MINDSET

Changing the way we think means changing how we feel and how we can be stronger in our thoughts.

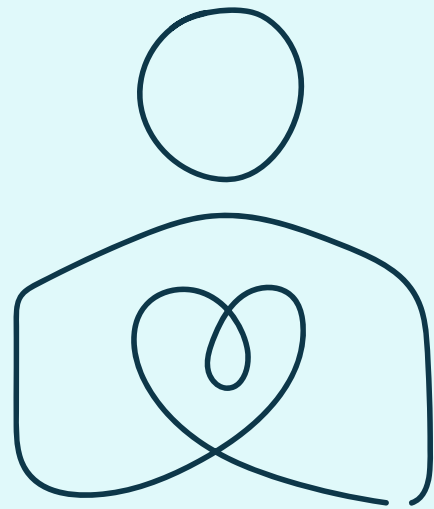
CHANGE YOUR WORDS



Example: I can't do it.

CHANGE YOUR FEELINGS

Example: I'm sad.



CHANGE YOUR MINDSET

Example: I can do anything.

