

# *My BODY thrives when...*



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# *My LOVELIFE thrives when...*



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*My BUSINESS/CAREER thrives when...*



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## Instructions

- (1)** Tap into your wisdom.  
Put your best ideas (rules/laws) for succeeding in each area Body/LoveLife/Business.
- (2)** Post where you will see the list daily.
- (3)** When you want to increase your success ask...  
Check your posters and ask, "Am I doing what you believe works?"
- (4)** If you are not, then...  
There substantial resistance to doing an action  
and/or the action no longer works for you and it's time for a shift.  
(A shift in Action/Strategy or in what you Believe Works in the current environment.)

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**WHEN YOU SEE**  
AN ACTION (PATTERN)  
THAT WOULD CREATE SUCCESS FOR YOU

AND YOU DESIRE TO REMOVE THE RESISTANCE,  
(TO DOING THE ACTION), THEN...

TEXT JOSEPH, 310.433.0424  
FOR A BREAKTHROUGH CALL