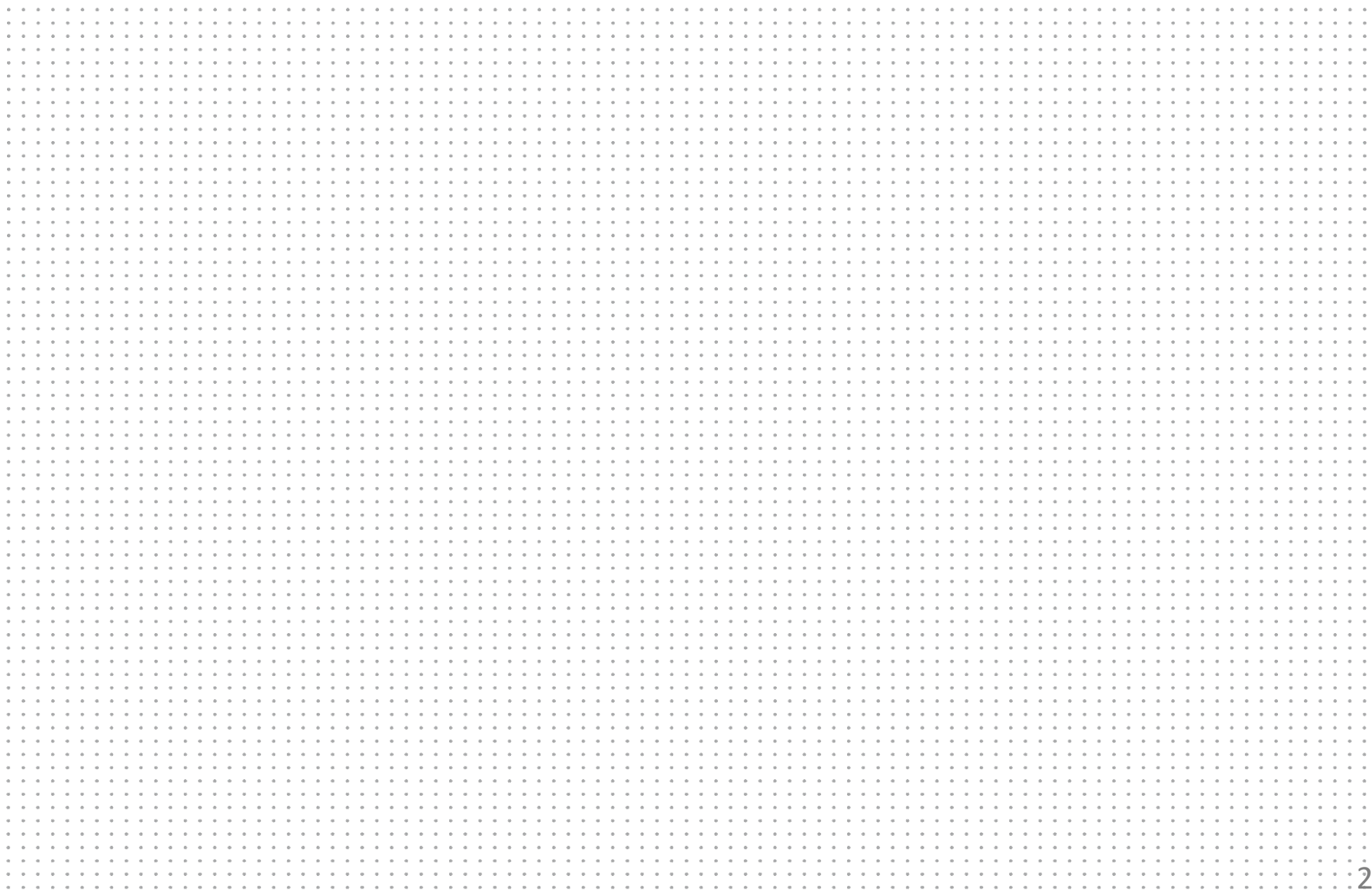


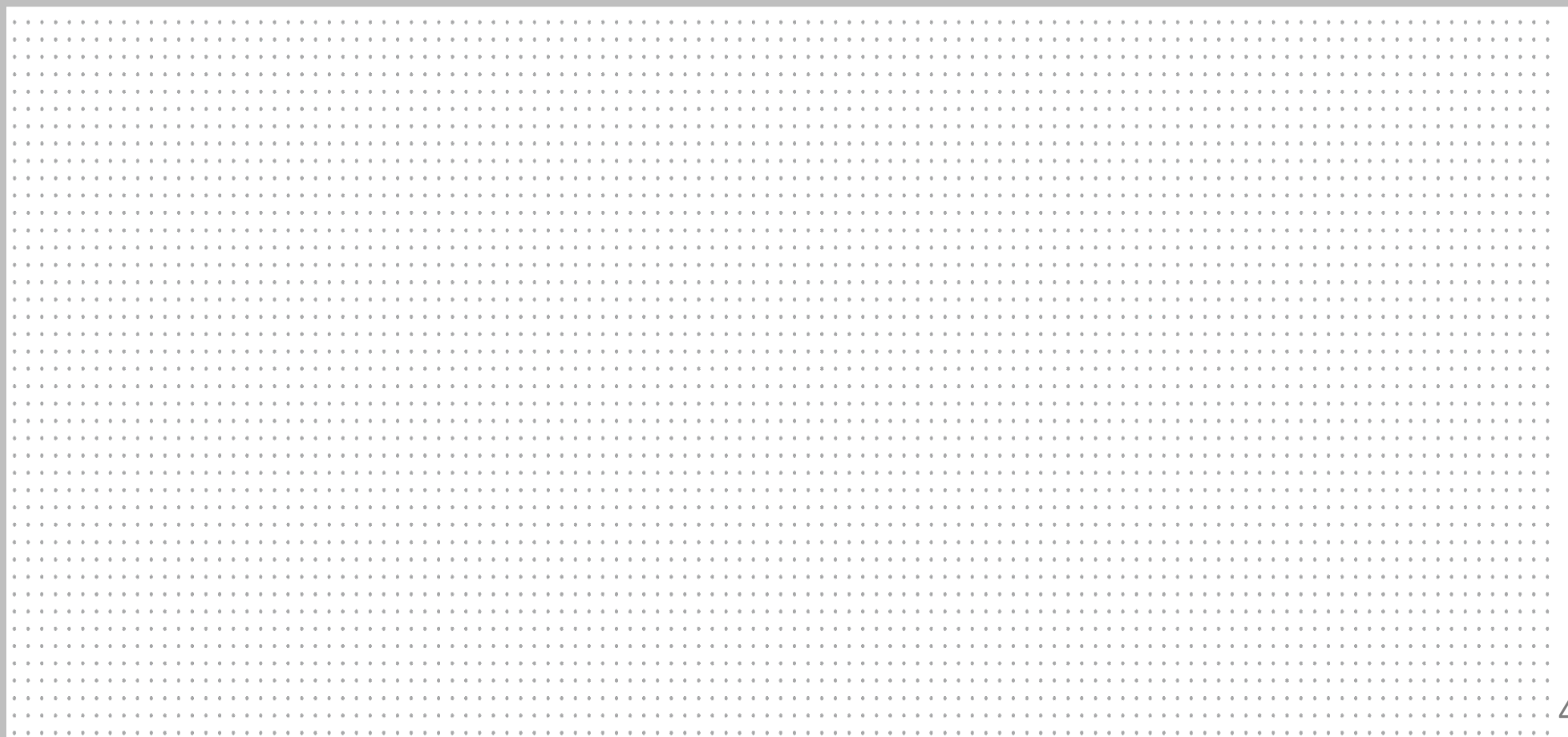
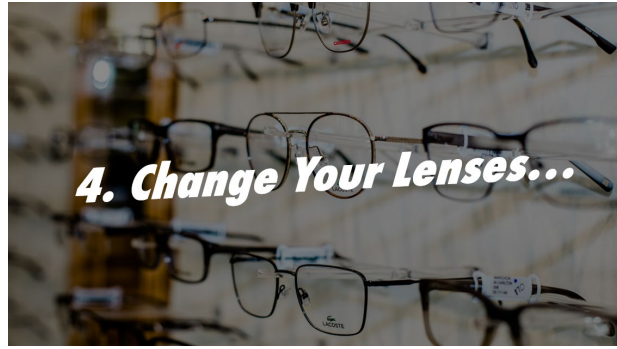
***Live A Bigger Life:  
Bust Through Your  
Mental Roadblocks***



**5 Key Principles...**

**1. Make A Decision...**

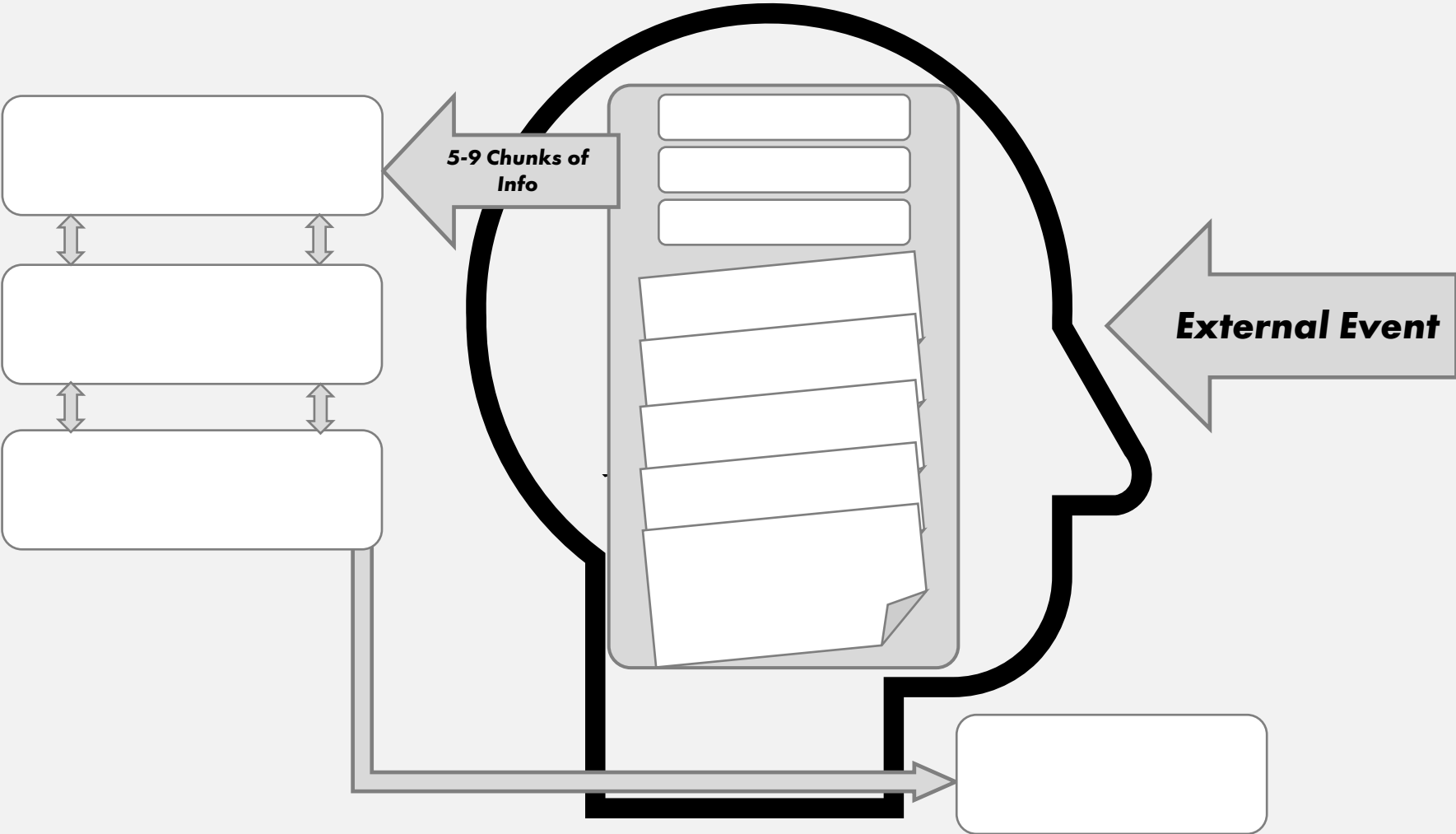
**2. Becoming...**

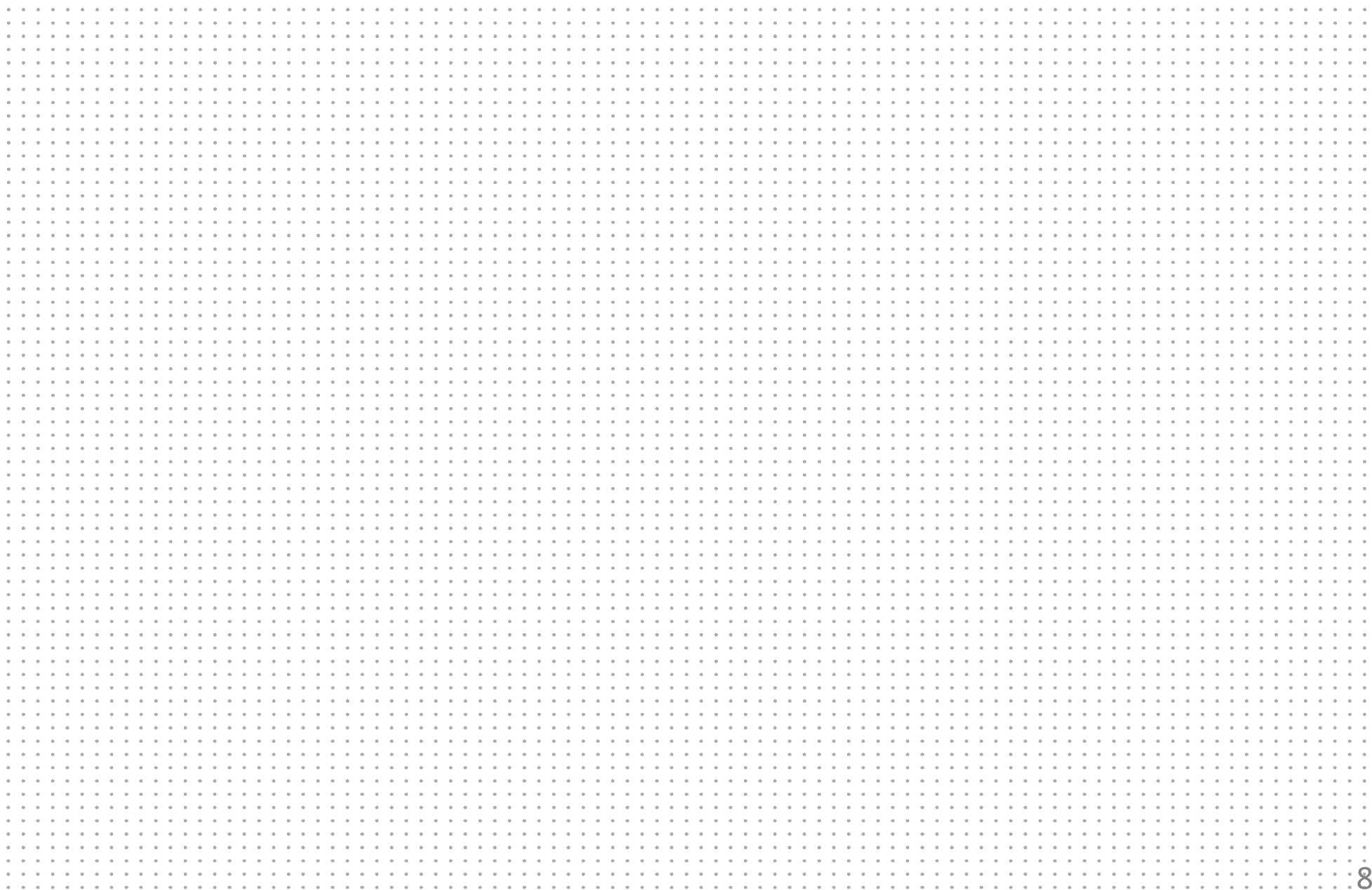




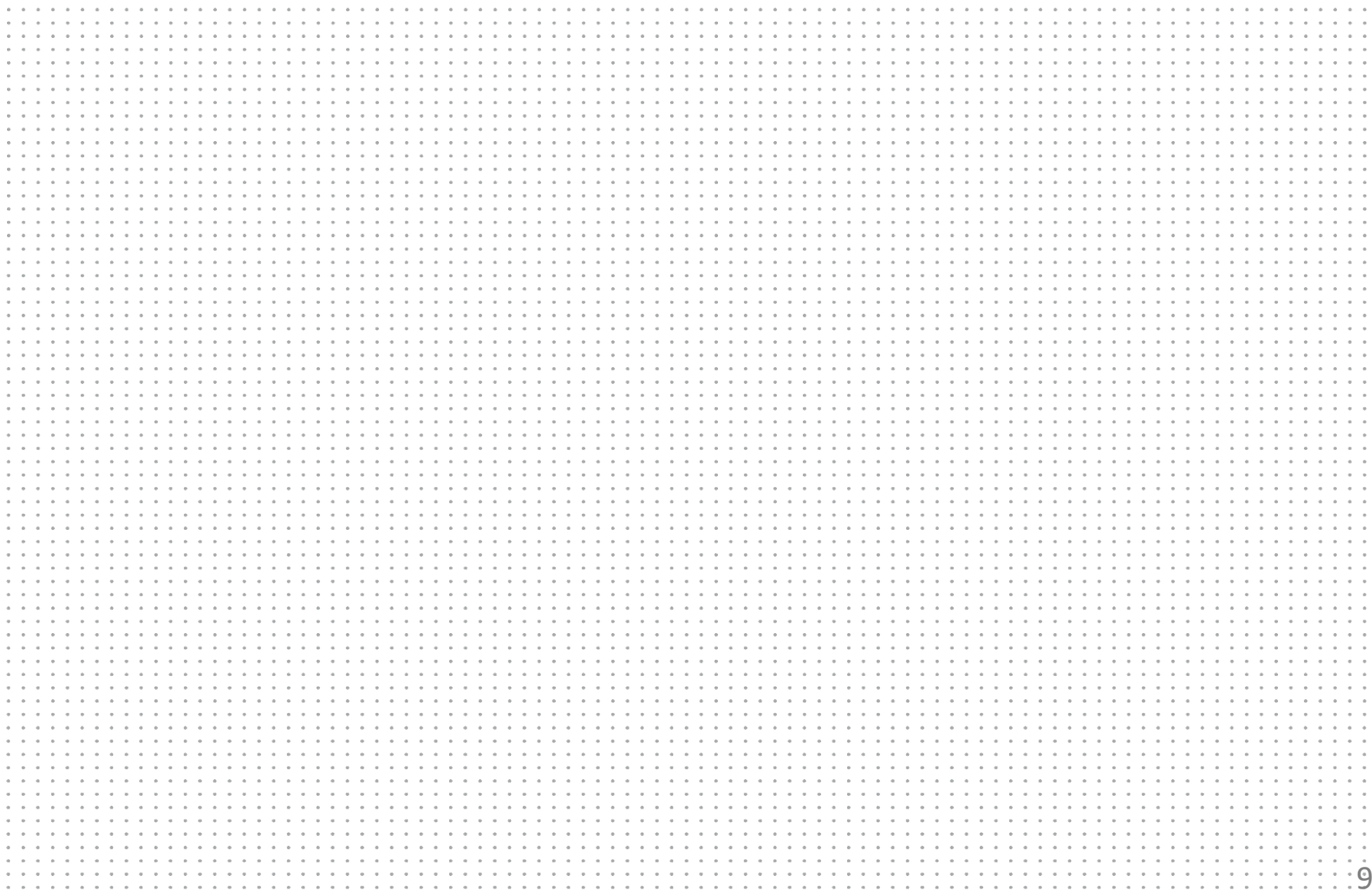


# The Communication Model

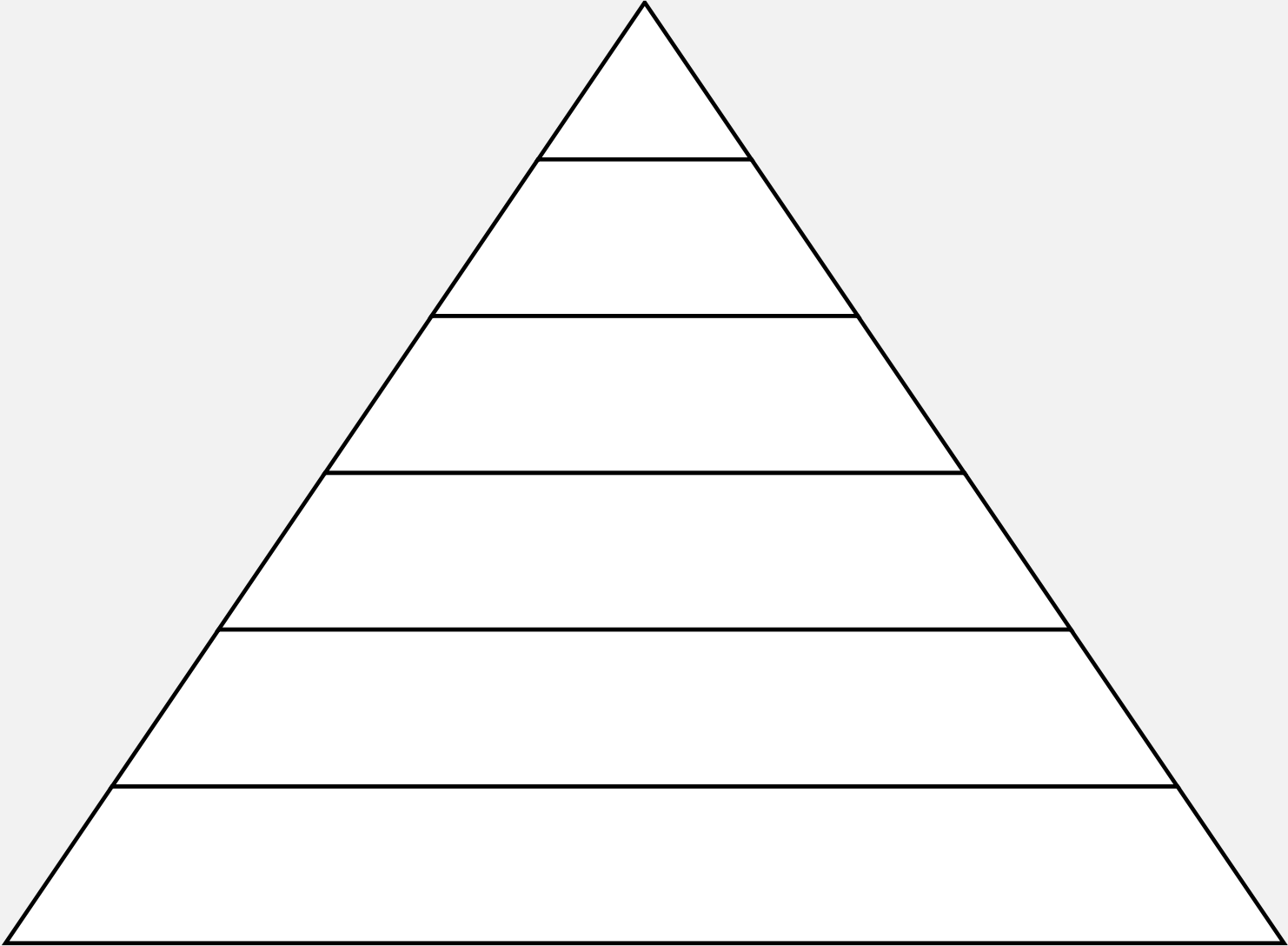


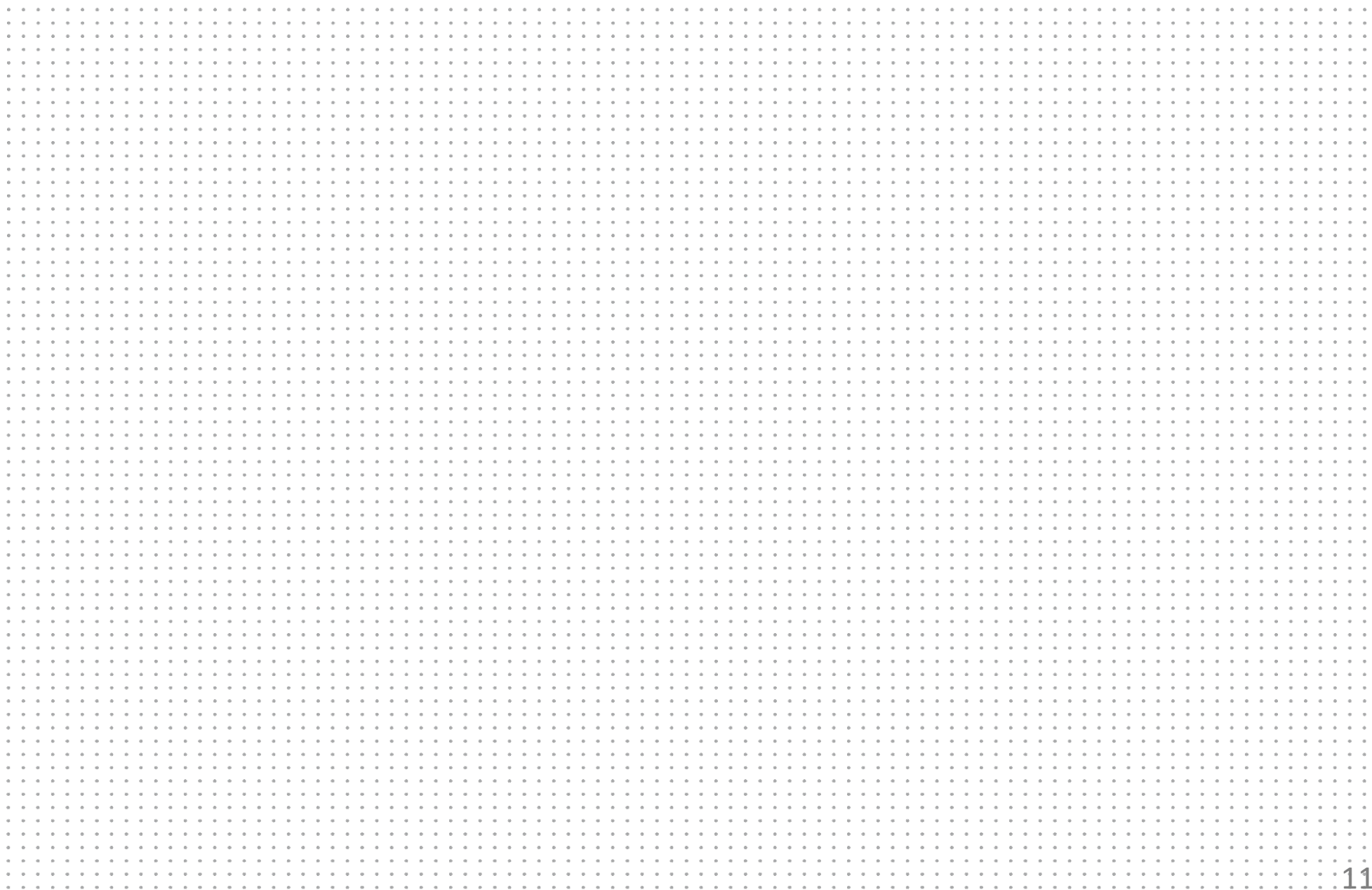






**Levels Of Change**





# Affirmations

- **I CHOOSE TO BE BOLD**
- **I CHOOSE TO BANISH FEAR**
- **I CHOOSE TO BE ABUNDANT**
- **I CHOOSE TO CONTINUALLY UPGRADE MY PICTURE OF THE WORLD**
- **I CHOOSE TO RECOGNISE THE OPPORTUNITIES IN FRONT OF ME**
- **I CHOOSE TO ACKNOWLEDGE MY NEGATIVE THOUGHTS & NOT LET THEM CONTROL ME**
- **I CHOOSE TO ASSOCIATE WITH PEOPLE WHO PUSH ME TO GROW**
- **I COMMIT TO MY MENTAL, EMOTIONAL AND SPIRITUAL GROWTH**
- **I CHOOSE TO BE PRESENT**
- **I CHOOSE TO BELIEVE THAT I HAVE UNLIMITED POTENTIAL**
- **I CHOOSE TO REJECT ALL SELF-CREATED MENTAL AND EMOTIONAL LIMITS**
- **I CHOOSE TO MAKE MY LIFE AN ADVENTURE**
- **I ACKNOWLEDGE THAT ALL MY FEARS ARE OF MY MIND NOT OF THE WORLD**
- **I CHOOSE TO LAUGH TODAY**
- **I CHOOSE LEARNING AND ACTION OVER FEAR AND PROCRASTINATION**
- **I CHOOSE MY GOALS BECAUSE I MUST BECOME A BETTER VERSION OF MYSELF TO ACHIEVE THEM**
- **I CHOOSE TO BE A SOURCE OF ABUNDANCE & INSPIRATION TO THOSE AROUND ME**
- **I CHOOSE TO ENJOY MY JOURNEY**
- **I CHOOSE TO BE GRATEFUL TODAY**
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