

Worries

Concerns

Reflexive
Thinking

Healthy
Thinking

Trust
yourself

Pep
Talks

Change
the
channel

Fact Vs
Fiction

A rich person
isn't the person
who has the
most, it's the
person who
needs the least.

Worry is the
habit of
anticipating
chaos.

1. Money—the accumulation
of money, which is equated
with security and happiness
2. Power—the quest for
power and potency, which is
equated with invulnerability
3. Status—the compulsion
for status, which is equated
with intimacy, being loved
and respected

motivate
yourself

Chart Your
Weaknesses

Separate
Fact From
Fiction

Stop
Listening
to the
Noise

Let
Go

Motivate
Yourself