



4/18/21 – Week 2 – BACK TO THE FUTURE

"We have the ability to change the trajectory of our future with the thoughts we are holding today." Share a time in the past when you changed your mind and forever altered the course of your life in a positive way. Are you aware that you are creating your future with the thoughts you are currently holding?

"Consider that it is possible that the thoughts we are currently holding about a past experience, once shifted, have the ability to change the past in a positive way and thus change our current life experience as well." Share a time when you reframed a past experience and turned the entire energy of your life around.

"If you are looking for a reason to be hopeful, you will find it. If you are looking for a reason to be a victim, you will find it. If you are looking for a reason to be empowered or a reason to be miserable, you will find it." What are you currently looking for and where are you finding it?