



THOUGHTS2POWER
WORKBOOK
FOR LAYING
THE
FOUNDATION

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WHAT IS THOUGHTS2POWER?

Thoughts2Power is what you will begin to identify the initial steps as outlined for you in this course as you progress through this program. You may be asking yourself ‘what about this course is going to be more effective than what I’ve already tried?’ This program is broken down into a six-week course that is going to give you a starting point to implement daily practices to reframe your mindset and begin to claim power over your thoughts.

Kim Strickland

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INTRODUCTION

There are many influences around you that impact your energy, thoughts, and the quality of your productivity on a daily basis. Some things you intentionally look to for feedback and guidance, other things slip into your subconscious and take the wheel of your mind.

The discipline to move, think, and speak with intent is a wonderful first step. But is it really meant to be the first step? Essentially what's happening is that we build our actions on sand. Why? Because your normal actions and feelings seem like they're missing something that you can't quite put your finger on. Perhaps a lack of purpose, constant exhaustion, frustration with others, the feeling of working tirelessly but not gaining any sense of fulfillment or progression.

Any of those sound familiar?

Victoria Grant stated "There's only one mirror, the mirror inside. Everything you see going on outside is a reflection of what's going on in your mind. It's a powerful tool, so use it wisely."

Your experience with this course is going to give you step-by-step tools that you can apply daily to help you bridge the gap between where you are now to where you hope to be. The greatest part of your existence is that there is no one else like you, however, the complicated part of your existence is that there is no one else exactly like you. Quite the plot twist on that thought.

This course is tailored to help you begin to unlock where YOUR starting point is for giving power to your thoughts and help you customize your foundation to do so. Where you are now does not matter. That's the perfect place for you to start.

If you're ready to take the first step to reverse the hindrances that are keeping you from a life full of purpose, progress, and power, click over to lesson one, and let's get started.