

# SCIENCE-BASED SUCCESS PSYCHOLOGY FOUNDATIONAL BLUEPRINT

SUCCESS IS 80% PSYCHOLOGY



T | H | R | I | V | E  
FRAMEWORK

## WHY THIS BLUEPRINT...

This success psychology blueprint is designed to:

- **Demonstrate that success can be cultivated regardless of what you set your mind to achieving** and it begins by understanding the building blocks of success.
- **Dispel the myth that success is random and reserved for the privileged few.** As a team of board-certified *psychologists* that helps ordinary people bring about real, measurable change, we witness firsthand how science-based success principles can transform lives when diligently practised.
- **Draw attention to the fact that there's a science to success.** An increasing number of gurus peddle success and success psychology "formulas" that are for the most part based on pseudo-science or outright fallacies. We seek to dispel widely accepted fallacies and shed light on success principles that are science-based yet practical and simple to apply regardless of your goal.

Finally, this blueprint is a catalyst to spur anyone committed to real change to expedite their journey to make success predictable.

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**FRAMEWORK**

# 1

## **C H A P T E R**

INTRODUCTION

# INTRODUCTION

You've probably heard motivational gurus and coaches say this countless times, "success is only **20% SKILL** and **80% PSYCHOLOGY**". This suggests that success isn't simply about acquiring a skill and putting it to work. It implies that what we do (our action) is only a small part of the success equation.

Is there any truth to this statement or is it just a catchy pop psychology fallacy?

From a scientific standpoint, what do we as psychologists have to say about this assertion?

Research tells us that with all things being equal, **THE BIGGEST DETERMINING FACTOR OF ONE'S SUCCESS IS MENTAL STRENGTH AND FORTITUDE.**

These are the hallmarks of psychological mastery.



# INTRODUCTION

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Our psychology affects everything we do, from how we interpret and respond to our failures and successes to the goals we set.

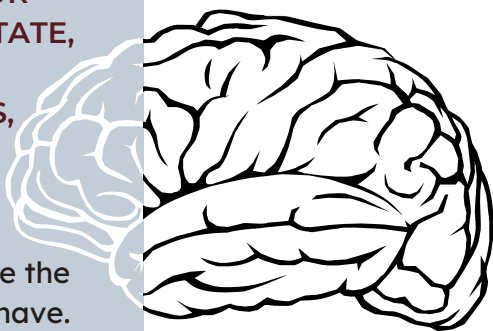
**IN OTHER WORDS, IF WE WANT TO BE SUCCESSFUL, WE NEED TO MASTER OUR PSYCHOLOGY.**

This includes regulating our thoughts, emotions and behaviours in a way that supports our goals.

The way we think about ourselves and our abilities has a direct impact on our success or failure.

**MANY FACTORS CONTRIBUTE TO OUR PSYCHOLOGICAL STATE, INCLUDING OUR EMOTIONS, BELIEFS, VALUES, AND EXPERIENCES.**

These things influence the way we think and behave. Success, therefore, is a process that invariably begins in your mind.



# INTRODUCTION

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## Let's do a quick exercise!

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Take a moment to recall a time in your life in which you believed you can achieve something, and you were determined that you can overcome any obstacles along the way. Chances are, you were probably more likely to put in the effort and persevere when things got tough.

Next, recall a time in which you thought you were destined to fail at an endeavour regardless of how skilled you are at this pursuit. Odds are that you probably gave up at the first sign of difficulty.



OUR HISTORY BOOK IS  
FILLED WITH ANECDOTES  
OF EXTRAORDINARY  
PEOPLE THAT PUNCH  
ABOVE THEIR WEIGHT  
AND SURMOUNT  
CONSIDERABLE ODDS TO  
ACHIEVE RESOUNDING  
SUCCESS.

# INTRODUCTION

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Nelson Mandela

“

"DO NOT JUDGE ME BY MY  
SUCCESS. JUDGE ME BY HOW  
MANY TIMES I FELL DOWN AND  
GOT BACK UP AGAIN."

-  
Nelson Mandela

“

"RESENTMENT IS LIKE DRINKING  
POISON AND THEN HOPING IT  
WILL KILL YOUR ENEMIES."

-  
Nelson Mandela

Jailed a total of 27 years for his role to free his country from racial division and inequality, Nelson Mandela's life story is the epitome of determination and resilience. Trained as a lawyer, Mandela became an activist to challenge the apartheid state.

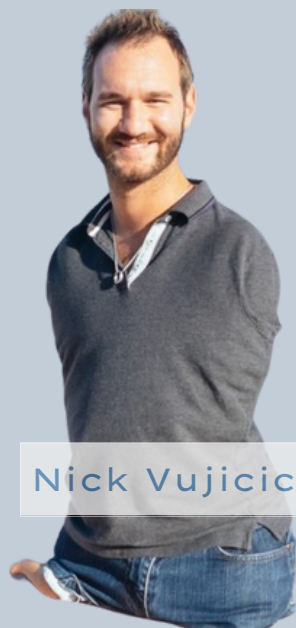
He experienced many failures from frequent arrests to having his political party banned to going underground as a guerrilla leader. Despite the failures that would have knocked the wind out of most people's sails, Mandela never lose sight of his goal.



# INTRODUCTION

Nick Vujicic is known today as a motivational speaker, coach, founder of a non-profit organization and New York Times best-selling author. However, his achievements are all the more significant considering he was born with neither upper nor lower limbs, thanks to a rare condition called Tetra-Amelia Syndrome. Despite his disability, Nick's parents sent him to a mainstream public school instead of a special needs school.

Being in a setting that didn't specifically cater to his disability, Nick often experienced taunts and bullying at school for being different. Not surprisingly, he reported periods of loneliness and depression. However, Nick did not allow himself to wallow in self-pity but lived life with an indomitable spirit.



Nick Vujicic

“

“I REALIZED I HAVE A CHOICE  
EITHER TO BE ANGRY AT WHAT I  
DON'T HAVE OR THANKFUL FOR  
WHAT I DO HAVE. I HAD THE ZEAL  
OF CHANGE IN ME AND A ZEAL  
FOR LIFE AND A PASSION FOR  
REALLY LIVING MY LIFE TO ITS  
FULLEST POTENTIAL...”

Nick Vujicic  
interview quote

“

“IF I FAIL, I TRY AGAIN, AND  
AGAIN, AND AGAIN”. “SOMETIMES  
YOU MAY FEEL LIKE YOU'RE JUST  
ABOUT TO REALIZE YOUR GOAL  
ONLY TO FALL SHORT. THAT IS NO  
REASON TO QUIT. DEFEAT  
HAPPENS ONLY TO THOSE WHO  
REFUSE TO TRY AGAIN”

Nick Vujicic  
interview quote

# KEY TAKEAWAYS

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- Understanding and mastering our psychology is critical to success.
- It's only through being *aware* of our thoughts, emotions and behaviours that we can then learn to control them.
- We can then be better at managing stress, staying focused on our goals and making positive choices that lead to success.



T | H | R | I | V | E  
**FRAMEWORK**

# 2

## **C H A P T E R**

THE BLUE PRINT  
**FOR SUCCESS**

## HOW DO WE SHARPEN THE POWER OF OUR MIND TO BENEFIT US AND MAKE SUCCESS MORE PREDICTABLE?

What does it take to have the mindset of a champion, the ability to bounce back from any setback and the resources to overcome challenges and support the attainment of our goals?

When we examined the stories of Mandela, Vujicic and other seemingly ordinary people who have achieved extraordinary success against considerable odds, the one clear trait shared by all is *resilience*.

## THE GOOD NEWS IS **RESILIENCE** CAN BE LEARNED, CULTIVATED AND REFINED.

But like anything in life worthy of learning, it will take time and effort. However, there are three simple foundational strategies you can learn right now that will give you a significant head start.

Psychologist John Nicholson, known for his research on resilience, discovered a few key elements that are predictors of a person's resilience quotient. These factors include:

## KEY PREDICTORS OF A PERSON'S RESILIENCE QUOTIENT (RQ)

### PERSONAL ACCOUNTABILITY



This refers to an attitude of taking charge, making efforts to assert influence and effect change. It means taking a proactive approach to a challenge rather than ruminating and waiting for others to act.

It also includes focusing on the positive actions necessary to remediate the situation and securing the resources needed to solve a problem.

### OPTIMISM

Being optimistic means seeing the silver lining even when things don't go the way we'd planned and viewing setbacks as learning opportunities.

Mahatma Gandhi famously said that one's beliefs become their thoughts, which become their words, which become their action.

Our success or failure is rooted in our beliefs, hence examining our **inner dialogue** and injecting optimism can make a significant difference.

## KEY ELEMENTS THAT ARE PREDICTORS OF A PERSON'S RESILIENCE QUOTIENT (RQ)



### FREEDOM FROM STRESS AND ANXIETY

A moderate amount of stress in our life is normal and even necessary to catalyze us to take timely action. On the other hand, unchecked chronic stress can cause people to spin out of control and feel overwhelmed to the point of inaction, blunting an individual's resolve to reach their goals.

As such, learning to manage one's stress is critical to success.

Wait, Before We Explore The 3 Foundational Strategies...

## KNOW YOUR "WHY"

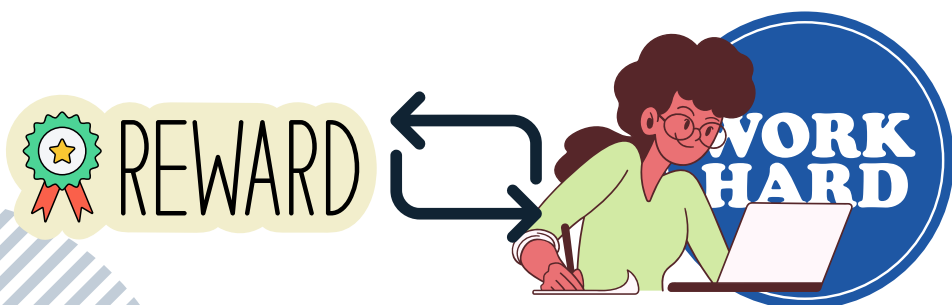
It's easy to get caught up in the excitement of a new project or venture. However, if your tasks don't align with your values, it won't be long before they sputter, lose momentum and run out of steam.

Your values are the important "why" in your life that is the basis of your motivation and happiness. Goals that are aligned with your "whys" provide the fuel of motivation to keep you going even when you can't see the finish line.



# BUILD IN A REWARD LOOP

We tend to engage in rewarding behaviours. Rewards form habits and are what make us perform a behaviour over and over. However, think beyond buying yourself a gift or pigging out at your favourite restaurant as a reward. Many activities we do have more nuanced rewards in and of themselves. For instance, the feeling of euphoria from the release of endorphins after a HIIT exercise class or the satisfaction experienced from checking off a to-do list. The key to uncovering these intrinsic rewards is to take a pause and be mindful of how you would feel after completing certain tasks, even those that might seem mundane.



# TRY EASY, NOT HARD

Recognize that taking an all-or-nothing approach when working on a task is counterproductive. Perfectionism is self-defeating and for the most part, an exercise in futility. **John Perry**, an emeritus professor of philosophy at Stanford University has this to say about perfectionists: *"Perfectionists aren't people who do something perfectly. Perfectionists are people who fantasize about doing something perfectly".*

He added, *"It's like you're practising the high jump, and when you set the bar too high, you look at it, and you walk away".*

***Instead of expecting things to be perfect,  
view setbacks as feedback for self-  
correction.***

In addition,



**Be realistic when setting goals. Consider breaking down your goals into smaller, manageable short-term ones to mitigate the likelihood of feeling overwhelmed.**



## Success Engenders Success

*Success is the result of skills put into practice consistently and frequently.*

*As you take consistent action, exercise persistence and iterate, you will likely experience incremental success.*

*The incremental progress will provide you with the self-confidence to build on your success.*

IN THE NEXT  
CHAPTER

### The 3 Foundational Strategies That Unlock Success

The three foundational strategies we will be sharing with you will give you the forward momentum you need to get your brain and body to work in sync and enhance your mental and physical performance to accelerate your success.

It is important to keep in mind that these strategies work best when practised in tandem, relative to performing them in isolation.

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FRAMEWORK

# 3

## CHAPTER

REPROGRAM YOUR  
THOUGHTS

## WHEN WE HEAR SOME PEOPLE TALKING TO THEMSELVES ALoud, WE OFTEN CONSIDER THIS WEIRD

But did you know that almost all of  
us talk to ourselves all the time?

Almost everyone engages in inner dialogues, the  
constant conversation that often goes unnoticed.

Don't believe us? Well, have you ever...



asked yourself and wondered...

*"Does he/she still  
love me?"*

*"Why did I say that?  
Why did I do that? I  
must have looked so  
silly and stupid."*

*"I can't do this. I'm  
such a failure"*

*"I'm so awkward. I  
can't do anything  
right. No wonder I  
have no friends."*



said this about yourself...

Or even just try to convince yourself to do or avoid something by searching for reasons and excuses in your mind?

### THESE ARE EXAMPLES OF OUR INNER DIALOGUE IN ACTION.

This inner dialogue continues from the time we wake up to the time we go back to sleep (even during light sleep), including while we're working, talking, eating, watching TV, etc. It helps us process and make sense of our daily experiences. You can imagine your inner dialogue like the ever-present little voice that is always commenting, planning, judging, as well as asking and answering questions about anything and everything.

Some people call this their inner critic. This is because your inner dialogue can be **POSITIVE** or **NEGATIVE**.

### Let's imagine a scenario

You're about to have an important meeting at work about a topic you happen to know a lot about and you're debating whether to speak up in the meeting or not.

***You may think...***

"I don't think I want to speak up in the meeting today because I might say the wrong things and look foolish."

"I'm going to speak up in the meeting today because I have knowledge and expertise I can contribute."

As you can see, these are two very different things you can be saying to yourself. The first one might make you feel **SCARED** and **INSECURE** while the second one will result in feelings of **CONFIDENCE** and **COMPETENCE**. What we feel and do as a result of these two choices will also differ significantly.

### **Here's why self-talk is important:**

It impacts what we think, how we feel and what we do. It guides our attitudes, decisions and motivations while also affecting our mental and physical health.

Here are some quick facts.

**A NEGATIVE INNER DIALOGUE CONTRIBUTES TO NEGATIVE RESULTS WHILE A POSITIVE INNER DIALOGUE CREATES POSITIVE RESULTS.**

Why? Because our inner dialogue combines our conscious thoughts with our unconscious beliefs and biases. As we often repeat our thoughts and inner conversations, this constant repetition reinforces our subconscious mind and **MAKES US ACCEPT THESE THOUGHTS AND BELIEFS AS FACTS.**

Positive self-talk is supportive, motivating and beneficial while negative self-talk is pessimistic, self-defeating and stops us from reaching our full potential.



## **WE ARE ALL PRONE TO SELF-TALK THAT IS NEGATIVE, OVERLY CRITICAL, DESTRUCTIVE AND DYSFUNCTIONAL.**

If we are not careful, a lot of our attention, time, and energy could be spent on negative, meaningless inner dialogues. Often, they may not reflect reality and can sabotage us into believing that we're **not good enough** and that **things will never get better**.

This, in turn, can lead us to be overwhelmed by the negativity and result in self-defeating rumination, common in anxiety and depression. According to research, the more you talk to yourself in a pessimistic way, the more likely you are to give up easily and experience anxiety, depression, and decreased performance.

## **POSITIVE SELF-TALK CAN GIVE US THE CONFIDENCE AND MOTIVATION TO ACCELERATE THE ACHIEVEMENT OF OUR GOALS.**

Adaptive inner dialogue can be a crucial tool for us to regulate our emotions, cope with stressful events and appraise future stressors as positive challenges rather than threats.

Studies found that if you talk to yourself optimistically, you are more likely to perform better, feel more confident, experience less anxiety, feel less tired and recover faster after exhaustion. Optimists have also been found to be healthier and happier in general.

## Take David Goggins as an example...

David Goggins is a retired U.S. Navy Seal and the only one who has completed SEAL training, the U.S. Army Ranger School and Air Force Tactical Air Controller training. He has also competed in more than 60 endurance races. For him, physical and mental suffering are a journey of self-discovery and **positive inner dialogue** is crucial in examining, reviewing and supporting personal goals that genuinely matter to him personally. Everything that he does is about achieving his personal best and pushing himself past his comfort zone.



**“SELF-TALK HAS BEEN THE  
BIGGEST THING IN MY LIFE”**

**Now here's the good news (great news, in fact):**

### **OPTIMISM AND POSITIVE SELF-TALK CAN BE LEARNED!**

We can harness self-talk to our advantage and help us be more positive, develop confidence, and improve productivity. While positive self-talk may come more naturally to some, all of us can learn to dispel destructive self-talk and cultivate optimism.

# HOW TO TWEAK YOUR INNER DIALOGUE TO ENHANCE SUCCESS



Changing our inner dialogue has the power to significantly improve quality of life.

Self-awareness of our inner voice can be a great source of guidance.



## Ways To Cultivate Positive Inner Dialogue:

- 1** ► Reframe our inner thoughts
- 2** ► Use an optimistic explanatory style when describing unfavourable outcomes or negative events
- 3** ► Practice empowering self-talk



# REFRAMING OUR INNER THOUGHTS

1

## **Recognize any automatic thoughts and inner critique that run in your head**

Simply pause when you find yourself reacting to negative events. Slow down, take a breath, and pay attention to what you're saying to yourself.

2

## **Evaluate to note any irrationalities**

Whenever we experience negative events, we tend to catastrophize and blow it out of proportion. To combat this, write down your thoughts and analyze it. Is it really as bad as you make it out to be?

3

## **Reframe negative self-talk to a more positive and optimistic point of view.**

Offer arguments against your negative beliefs. For example, in response to a thought like, "I'm such an idiot," you could say, "I may struggle to do this task, but I have succeeded in doing many other things. So, if I put my mind and effort into this, I can succeed."

# WHAT KIND OF LANGUAGE ARE YOU USING?

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In this section, try to recall a negative experience. Write down the key takeaways and details of the event below.

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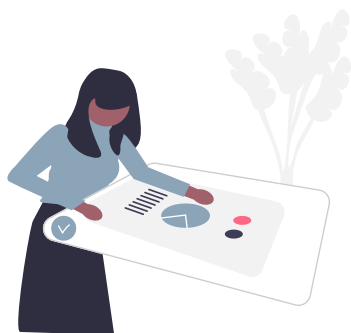
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If you describe that event with words to suggest it's transient, external, and time-specific, good job! You are using an **optimistic explanatory style**.



However, if you describe it as unchangeable, pervasive, and you narrowly focus on self-blame, there is a chance that you're using a **pessimistic explanatory style**.

## THE CONTINUOUS USE OF A PESSIMISTIC EXPLANATORY STYLE CAN BE DANGEROUS IN THE LONG RUN!



Maladaptive or negative self-talk that tends to be incorporated in a pessimistic explanatory style has the propensity to make you view stressors as **insurmountable** threats, instead of opportunities you can overcome by being resourceful. It can decrease your **motivation** and **self-confidence**. Therefore, it's important not to fall prey to a pessimistic explanatory style.

However, if you find the way you talk to yourself leans more negative, don't fret, it's malleable!

# EXPLANATORY STYLES

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1

## STABLE VS UNSTABLE

This is in reference to how you perceive the **permanence of a situation**. Do you perceive your situation or condition as immutable (stable) or capable of change over time (unstable)?

Do you expect things to get better or worse, or stay exactly as they are for the foreseeable future?

How much **permanence** you assign to a situation often determines how stressful something seems and how helpless you feel and the motivation or lack of to take action and achieve the outcome you want.

2

## GLOBAL VS SPECIFIC

Do negative experiences **persist throughout your life** or do they happen in **specific** contexts?

For example, you made a mistake at work. If you think that it happened because you are a perpetually incompetent person, experiencing one failure may seem like a sign of more failures to come in the future.

However, if you attribute it to something more **specific** and isolated (such as it happened because you were having a bad day or sleep-deprived) and not **global**, you will have an easier time shaking it off.

## 3

## INTERNAL VS EXTERNAL

Do you see the cause of a negative event as originating exclusively from **within yourself** (i.e., you're the sole contributor) **or outside yourself**? For example, when you are having a conflict at work, recognizing the contribution of external factors ("the other person is irritable probably because they're having a bad day.") rather than thinking it is entirely your fault ("I'm the cause of this.") can help you to take things less personally and feel less hurt.



To avoid a pessimistic explanatory style and have a more positive outlook toward life, it is better to lean towards an **unstable**, **specific**, and **external** explanatory style!

"If you don't like something, change it. If you can't change it, change the way you think about it."

-Jeff Moore

# POSITIVE SELF-TALK

## Exercise

As we all know, words are powerful, but they can also act like a double-edged sword. It has the power to inspire and encourage, but also to tear down and destroy. That is why the words we use for ourselves are particularly important.

To have a more positive outlook towards life, we can change some words that we tend to use in daily life:

INSTEAD OF:	SAY/DO THIS INSTEAD:
"I always..."	"I....at this time"
"I can't..."	"I haven't taken the time to..." "I haven't learned to..."
"I should...", "I have to..."	"I choose to/not to...", "I get to..."
"I..., but..."	"I..., and..."
Replaying a mistake/negative event in your head over and over again and retelling it to other people	Don't rehearse the mistake again. Assess what you did wrong, see yourself correcting the mistake and picture yourself doing it again perfectly

# KEY TAKEAWAYS

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- We all have a little voice inside our head that can either be our worst critic or greatest supporter. Those voices are also known as our inner dialogue.
- Inner dialogue is powerful because it can shape our beliefs and mindset. That is why to improve the quality of our life, it is important to have a positive inner voice.
- We can do that by reframing our negative thoughts into positive ones, changing our explanatory style, and practicing empowering positive self-talk.



T | H | R | I | V | E  
**FRAMEWORK**

# CHAPTER

# 4

EMPOWERING  
IMAGERY



# EMPOWERING IMAGERY



Introductory Video



1

## Harness The Power Of Imagery

In 1997, after retiring from professional bodybuilding, Arnold Schwarzenegger was asked by reporter Steve Chandler about his future plans. Schwarzenegger answered that he was going to be “the no. 1 box office star” in Hollywood. Upon hearing that, Chandler suppressed snickers. He wondered, how a guy with a monstrous build and a heavy Austrian accent was going to win over American audiences.

When Chandler asked how he plans to transition to being a movie star, Schwarzenegger stated he would use “the same process he used in bodybuilding”.

**THAT IS TO “CREATE A PICTURE OF WHO YOU WANT TO BE AND THEN LIVE INTO THE PICTURE AS IF IT WERE ALREADY TRUE”.**


That strategy obviously worked, as Schwarzenegger went on to become a Hollywood box office star, appearing in over thirty movies that grossed over \$3 billion worldwide. He also served two-terms as the governor of the state of California.

## WHAT SCHWARZENEGGER DESCRIBED IS A PRACTICE KNOWN AS VISUALIZATION, AN EVIDENCE-BASED TECHNIQUE WITH WIDESPREAD APPLICATION.

High-performance athletes use it to improve their performance, reduce anxiety and build confidence before a competition. Surgeons that practised it were found to have a significantly lower level of stress. Cancer patients that were taught to use it were also reportedly more relaxed during chemotherapy which helps them to heal better. The vividness of imagery has also been strongly associated with optimism, regardless of sociodemographic factors.

**We all have the inherent power to create pictures and use self-talk to interpret or give meaning to situations we encounter in life.**

Some people “abuse” it or misuse it by conjuring negative images in their minds. In turn, those images create such powerful physiological and emotional states, resulting in a panic attack or a throbbing migraine headache.



**THE GOOD NEWS IS, LEARNING TO HARNESS THIS POWER CAN WORK IN OUR FAVOUR TO ENHANCE SUCCESS.**

## 2 Anchoring

*Classical conditioning*, more commonly known by its layman's term **anchoring**, is a technique based on visualization and the psychological principle of learning. It helps one to re-experience and re-apply beneficial mental-emotional states to different contexts, on command.

You've experienced the power of anchoring when a song brings back a flood of emotions or when the smell of your favourite food makes you salivate. Anchoring is a powerful exercise that helps anyone use either a verbal or non-verbal cue to re-experience resourceful physiological states or to transfer cognitive knowledge to other contexts. The regular use of anchors can help us develop the confidence to meet situational demands and surmount challenges.

## 3 How To Do It



**Watch Intro Video**

### Step 1

**Select the resourceful qualities you'd like to anchor and pick a cue.**

A cue can be a physical gesture or a subvocalized word or phrase that you'll associate your resourceful qualities with.

Select the context or situation you wish to apply the resourceful qualities to. Think of a situation you would benefit most from those qualities.

## Step 2

### Recall Memory

Recall a memory in which you felt the resourceful qualities you wish to access or re-experience, e.g., confidence, empowerment, capable

## Step 3

### Relax and Relive The Memory

Relax by taking three deep breaths using your abdominal muscles.

Relive the memory using a first-person perspective to re-experience all of the sensations of those feelings. Immerse yourself in the memory as if you are there in person. Involve all your senses (visual, auditory, kinesthetic). Make the picture in your mind's eye bigger, brighter, louder and sharper



## Step 4

### Anchor

As those resourceful feelings build, activate the anchor by doing the cue - the motion or verbalizing the word you've chosen. Keep the anchor going for 10 to 15 seconds

## Step 5

### Stop The Anchor

As the memory fades, stop the anchor and break fully from the memory.

Spend a moment or two distracting yourself and think about something totally different.

**NOW THAT YOU HAVE  
ESTABLISHED AN  
ANCHOR, YOU CAN  
ACCESS YOUR  
RESOURCEFUL STATE  
WHenever YOU NEED IT  
BY DOING THE UNIQUE  
GESTURE.**



T | H | R | I | V | E  
FRAMEWORK

# 5 CHAPTER

ATTENTION

CONTROL

# ATTENTION CONTROL

Staying unrelentingly focused for long periods is essential to perform any task successfully.

**HOWEVER, APPLYING A LASER-LIKE FOCUS INCESSANTLY CAN CAUSE THE BUILDUP OF EXCESSIVE TENSION AND STRESS OVER TIME.**

Maintaining a narrowed attentional state requires us to reject all distractions from our environment. Consequently, it magnifies our internal concerns and problems.

It can also increase bodily tension in the neck, shoulders, back, face and even the blood vessels, potentially raising our blood pressure in the process.



## Exercise Flexibility To Beat Stress Buildup.

### THE KEY TO MANAGING STRESS EFFECTIVELY IS *FLEXIBILITY*.

It is the ability to pull tension into our body and brain for them to perform optimally *only when needed and the flexibility to* transition into a broader, calmer attentional state once the demand subsides.



### BEING IN THE PRESENT.

It's an established fact that rehashing the past and worrying about the future is futile and creates stress.

On the other hand, moving into the present provides the condition to stimulate the relaxation response, allowing us to reset our mind and body to *realign* our focus. It's especially helpful when we incorporate **mindfulness** and **self-regulation techniques**.



Successful people have strategies and routines that keep stress in check.

### MAKE IT A ROUTINE.

Exercising flexibility routinely is the key to managing stress.

The **Mindful Minute** exercise promotes attentional flexibility and prevents your stress level from spiralling out of control.



**Mindful Minute Audio Script**

## Benefits of Mindful Minute Include:

- Encourages effective breathing
- Enhances blood flow
- Releases muscle tension in key muscle groups
- Grounds you in the present moment
- Resets the brain for clarity and focus

# You're On A Roll... **Don't Stop Now**

Mastering success psychology takes effort, consistency, perseverance - and guidance.

THE THRIVE FRAMEWORK PREMIUM  
MEMBERSHIP IS YOUR KEY TO A REPOSITORY  
FILLED WITH PRACTICAL RESOURCES TO  
SUPPORT YOUR GROWTH...

As a Premium member, you will have unlimited access to:

- Articles
- A Brain State Entrainment Tool
- Mini-Courses
- Worksheets
- Self-Assessment Tools and more.

**Get Premium**



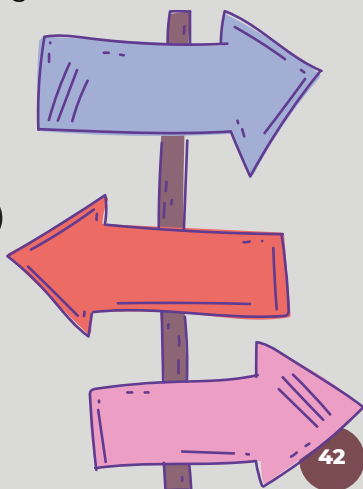
# Need Personalized Help To Navigate The Rough Terrain of Life?

- Do you feel you are getting in the way of your own success?
- Are you overwhelmed by stress at work?
- Do you have somatic symptoms (of stress) such as migraine, stiff muscles, sweaty palms, etc?
- Are you experiencing some level of anxiety that might be causing you to be ineffective at what you are usually good at?
- Do you have running thoughts that keep you up at night and experience lethargy during the workday (as a result)?

If you answered 'yes' to any of the questions above, a small group or one-on-one intensive with our psychologist may just be the avenue to overcome the hurdles that get in the way of your success.

Register your interest for an upcoming intensive now and we will keep you posted on details.

[Waitlist Me](#)



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