

TURBO

Session 5:

At Last, The #1 Secret of Happy & Successful People is Revealed!

Questions 1: In which areas of your life have you previously used your body patterns (i.e. head up, shoulders back, positive facial expressions and deep breathing) to deliberately boost your confidence?

Questions 2: In which situations do you currently lack self-belief and want to feel more confident?

Questions 3: In which areas of your life are you NOW going to deliberately use your body patterns (i.e. head up, shoulders back, positive facial expressions and deep breathing) to boost your confidence?

Questions 4: In which areas of your life could you deliberately use your body patterns (i.e. head up, shoulders back, positive facial expressions and deep breathing) to boost your confidence in the future?

Question 5: What opportunities have you been ignoring, taking for granted and/or wasting, until now?

(Hint: Think about your health and well-being, relationships with your family and friends, hobbies, fun activities and adventures you could have, places you could visit, your school grades, qualifications and other skills you could learn or master, jobs and preparing for your future career, your home environment, charity and making a difference in your community, etc.).

Question 6: What opportunities to have you been oblivious to and/or didn't know existed, until now?

Question 7: What opportunities are you now going to take advantage of?
