Welcome to day 3 of “Change your MIND – Change your LIFE” Program.

You truly are doing an amazing job, moving forward in to a future of love & fulfilment!  Here are a few questions that will help you to grow your perspective & capacity from today’s session.

1. Can you briefly describe a time your expectations were unmet?
2. Based on today’s “Capacity / Expectation” revelation, what can you learn from this experience?
3. What could you do differently in the future that would create a much better outcome for all involved?