

WHAT DID SHE SAY?!

Reminders of
what you learned
from Amanda Gore



www.amandagore.com



You are not your
mindset.
But your mindset will
create your life.
Consciously or not!

REMEMBER -
YOU ARE A JOY BUDDY!
Your mission, should you
choose to accept it, is to
bring JOY into the lives of
others!



Joy-ster!

WAKE UP!
YOU really matter!
What you do
really matters!





**DO YOU FOCUS ON
FIRST WORLD
PROBLEMS?**

WELL....STOP IT!

Focus on what is right instead!

BE A SPIRIT
IGNITER!



Not a foofer!



OUR 3 CORE FEARS: (embedded by 7)

1. I am not worth loving /
I am not good enough
2. I am unsafe in some way
3. Death, abandonment, separation



You are an **ASTONISHING** being of
light! A **SPIRITUAL** being inside a
Temple!



LOVE your temple!
And your **REAL**
self!

GIVE YOURSELF AND OTHERS
TA DAAAAA'S!

Create a TA DA culture!



Recognise and acknowledge others with
a thumbs up!

Or a high five 'selfie'!





CREATE JOY SPOTS!

On your desktop or
in your office!

DO A JOY JIG!!

in your JOY SPOT!

BE a walking JOY SPOT!

REMEMBER - YOU ARE A C.J.F.!

A CHIEF JOY
FACILITATOR!

Go Forth

and

SCATTER JOY!

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The secret to Change is to F.A.R.C.!



FOCUS

AWAWARENESS

REPETITION

CELEBRATION

YOUR BELIEFS DETERMINE YOUR FUTURE!



What are you
telling yourself?
What stories and
patterns of
thinking rule your
life?



**WE PERCEIVE
AND JUDGE -
WE DON'T SEE REALITY!**

**Be mindful!
Not mindless!**

A young girl with blonde hair, wearing a white t-shirt and pink patterned shorts, stands in a viewing area looking at a large brown bear. The bear is partially submerged in a pool of water, with its head and front paws visible. The background shows a rocky landscape with a waterfall. The text is overlaid on the left side of the image.

EMOTIONAL INTELLIGENCE....

Know yourself

Manage yourself

Manage others

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GRATITUDE CHANGES EVERYTHING

Wear your Gratitude
Glasses
permanently!
And you will find
your JOY!



If you choose to see the
world through
GRATITUDE GLASSES
and **OBSERVE** your
thinking to make
conscious choices, your
life will be transformed

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HAVE FUN!
MAKE life fun!
Whatever
you do!



What 3 things did you commit to
do at the end of the
presentation?

Have you done them?

HMMMM?

Get started today!



Stay connected with Amanda

Watch Amanda on YouTube

www.youtube.com/user/amandagoretv

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