WHAT DID SHE SAY?!

Reminders of what you learned from Amanda Gore





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!



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!

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



A CHIEF JOY FACILITATOR! Go Forth and SCATTER JOY!

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



FOCUS
AWARENESS
REPETITION
CELEBRATION

WE ARE SKIN COVERED PETRIE DISHES!



What is yours full

of?

Love?

Joy?

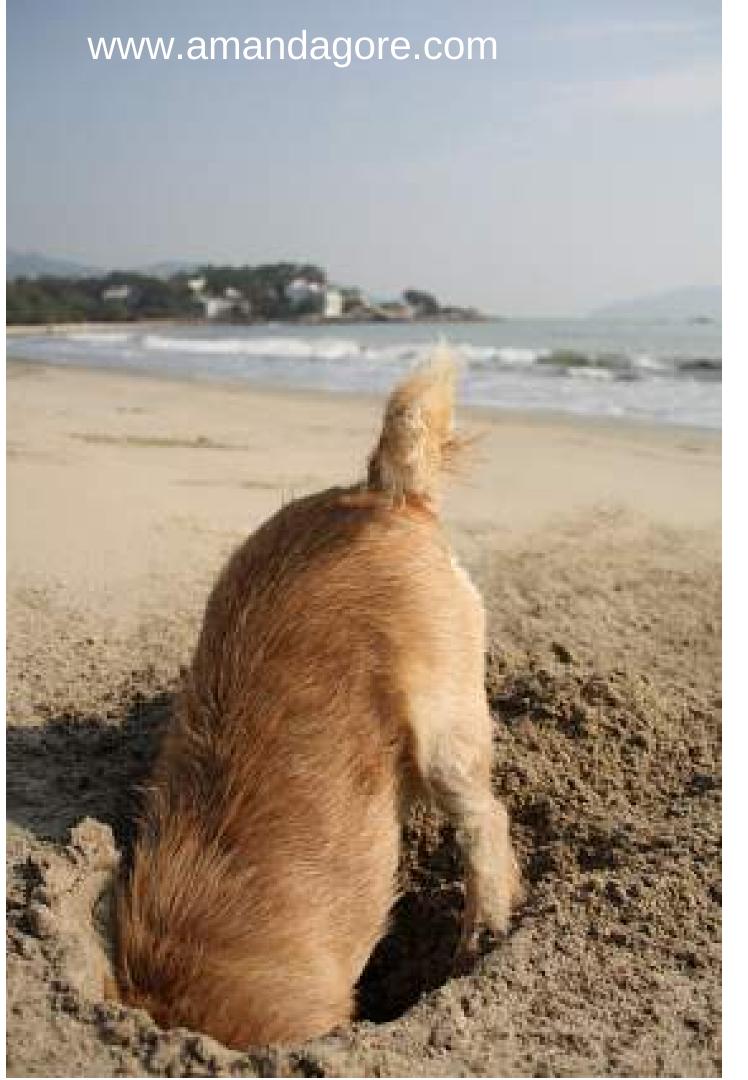
Other?

It's a choice!

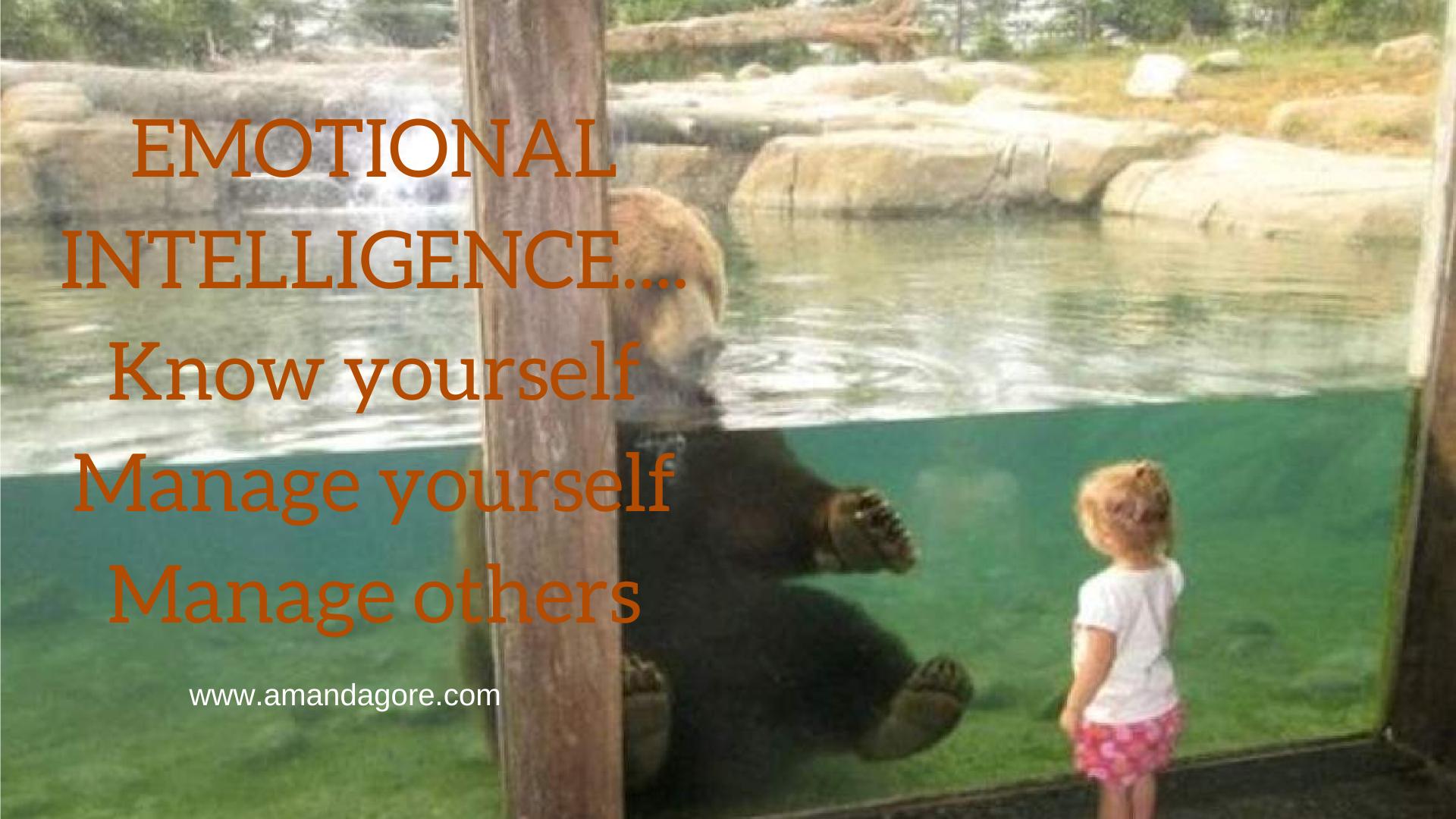
YOUR BELIEFS DETERMINE YOUR FUTURE!



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!



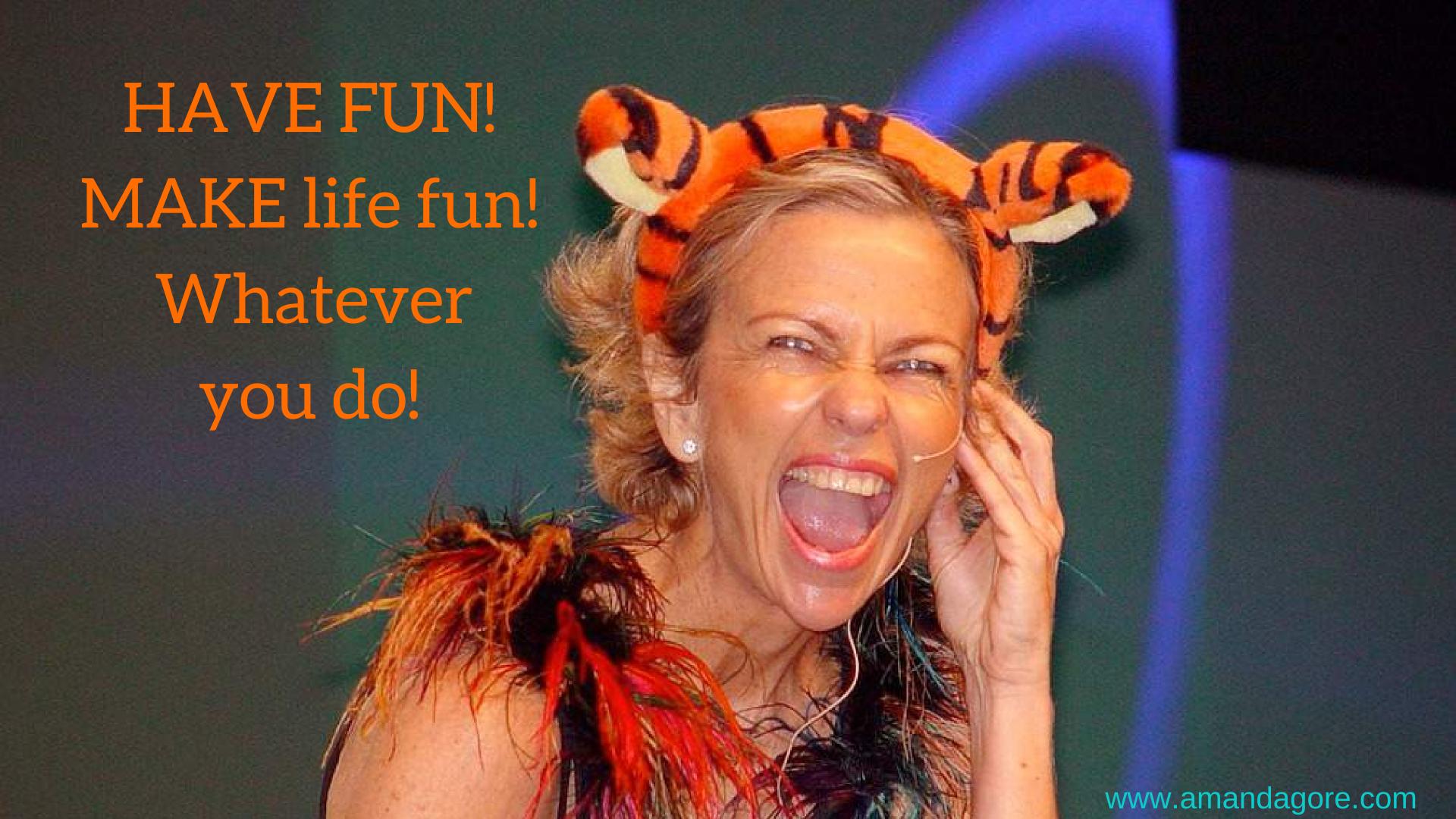
GRATITUDE CHANGES EVERYTHING

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





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

Have you done them?

HMMM?
Get started today!



Stay connected with Amanda

Watch Amanda on YouTube www.youtube/user/amandagoretv

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Join her on Linked In www.linkedin.com/in/amandalgore

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