



Gratitude is “Creating Without

Overcoming resistance is one of the biggest battles we'll ever face in our lives. It's almost like a fight to the end when we're talking about resistance. That ego-voice that lives inside of all of us is insidious ... sinister ... *and it's relentless.*

In overcoming ego-thinking, gratitude is one of our best defenses. Gratitude literally re-wires the brain ... it physically CHANGES our brain! If you've never really considered how gratitude is “creating without resistance”, then this topic is just for you!



Join us every Thursday
at 10am PST

<http://unlockyourhiddenpower.com/>

3 Takeaways

- Resistance is ego-thinking that wants to sabotage everything we want to create.
- Gratitude isn't just being thankful ... it's a way of *connecting* with Source Energy
- We get in the way of this powerful force, sometimes without realizing it:

Assignment:

1. Think of a situation where you feel resentment, lack, or that something's missing.
2. Find 20 things to be grateful for.
3. Narrow that list down to 10.
4. These become your mantras to practice for 21 days.

Biggest Mistake to Avoid

Focusing on what's missing in life, falling into apathy, and not handling our secret resentments.

What's Next?

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