You! Super Hero!
Super Star!
Super Exhausted...
what I planned.
what I planned.

what happened.
Fight the Gravitational Pull
Graduate level work...
Identify one habit that doesn’t serve you so well.

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ACTION IDEA: Get a Feedback Buddy
Harness the Power of the Self-Fulfilling Prophecy...
A HUGE FORTUNE WILL SOON BE YOURS
DONUTS NOW HAVE ZERO CALORIES
Self-Fulfilling Prophecy

“What you name the thing, the thing tends to become”
How it works

“X” happens
You interpret “X”
Your interpretation begins to work on you emotionally
Your emotions affect how you behave
Your behavior gets you certain results
Use the STOP TECHNIQUE

@LINDALEELARSEN
Think “DIFFERENT”

...Not DIFFICULT
CREATE A CULTURE OF HAPPINESS
Every morning take a 5-7 minute Gratitude Shower

@LINDAELLELARSEN
It's time for my Gratitude Shower

www.lindalarsen.com
It's time for my

Gratitude Shower

www.lindaleeson.com
Surround Yourself with Happy People!
MIRROR NEURONS
Use Flying Eyebrows

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5. BE UNFLAPPABLE
1. Fix it
2. Rename it
3. Move on

@LINDALEELARSEN
Convict Escapes Guard, Takes Girl As Hostage, Eludes Officers 7 Hours

White Was Serving Robbery Sentence

By PETE SCHMIDT
Herald-Tribune Staff Writer

A 25-year-old convicted felon disarmed his guard and terrorized three sets of hostages in a frantic and futile escape attempt Friday that led area law enforcement officers through a maze of roads and hideaways before the fugitive's capture some seven hours later.

Pete Bernard White, a slightly built, youthful native of Tennessee, surrendered to officers at nightfall after he was told that "if he didn't come out with his hands up, then we'd knock on his head with it."
6. ALWAYS FIND THE FUNNY

@LINDALEELARSEN
LL COOL MOM
Thank you so much for being here today!

Linda Larsen