

POSITIVE THINKING

PROGRAM OUTLINE

General Introduction

ROLE OF POSITIVE THINKING

- ♦ What is 'positive thinking'?
- ♦ How does it work?
- ♦ Self Responsibility
- ♦ Benefits

HOW IS REALITY CREATED?

- ♦ Vibration and physical matter
- ♦ Law of Attraction
- ♦ Levels of consciousness

PAST CONDITIONING & LOW SELF-ESTEEM

- ♦ Negative thought patterns and 'control self –talk'
- ♦ Use of language
- ♦ Re- defining who you are ('authentic self')

METAPHYSICAL LAWS OF CREATION

- ♦ Creating positive outcomes
- ♦ Power of Visualization
- ♦ Power of Word
- ♦ Creating your own affirmation

P.S Each of the above sessions will incorporate practical exercises in which individuals are given opportunities to explore ideas and experiences related to concepts in this course.

Participants are invited to take notes, if they wish to supplement handouts.

In this case, please bring along note pad and pen.