

i-Skill 1:

CHANGES

Changing energy depleting thoughts into energy-filled thoughts

- Step 1. Experience the physiological effects of up / down thinking.
- Step 2. Learn how to create energy, brightness and hope and reverse energy loss, dispel darkness and lift gloominess.
- Step 3. Learn how to create a hope-filled future and defeat all hope-less thinking in yourself and team.
- Step 4. Learn how to harness low-energy thinking into deep thinking about solutions to complex, challenging problems and issues.

Learn how to create an energy-filled future and defeat all energy-depleting thinking, while also learning how to harness slowed-down thinking into deep thinking about solutions to complex, challenging problems and issues.