

WIN WITH YOUR HEART!

ATTRACT

SUCCESS IN 5 MINUTES A DAY



Sharon Love, M.Ed.

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Sharon@outstandinglives.org

Three Psycho-Spiritual Secrets to Attracting Success Easily

Would you like to thrive in business and in life? There are three simple steps that you can do to boost your success instantly. They are all based on over 25 years of spiritual and psycho-social research.

The first research-based psycho-social success secret is to smile. Psychological research shows that not only do you smile when you feel good, but the reverse is also true. Smiling can also make you feel good. Smiling releases feel-good neurotransmitters in the brain, including endorphins, serotonin and dopamine. Endorphins also act as a natural pain reliever, and serotonin acts as a natural anti-depressant. Psychological research also shows that smiling can help us appear more attractive to others, and build trust. It also helps produce happiness in others. Yes, research shows that smiling is contagious. In fact, smiling can even make you live longer.

The first research-based psycho-social success secret is to slow your breathing to deep, abdominal breathing. According to Harvard Medical School, slow, deep breathing increases oxygen exchange and allow your mind and body to respond better to stress. Scientific research also shows that slow, deep breathing can help you to manage anxiety, reduce your heart rate, lower your blood pressure and heart rate. In fact, it can even boost brain growth, in older people as well as children.

The third research-based psycho-social success secret is “see things going well”. According to psychological research, mental imagery impacts many cognitive processes in the brain: motor control, attention, perception,

planning, and memory, so the brain is getting trained for actual performance during visualization.

Research shows that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow. In fact, in athletes, mental training can even be more effective than actual physical training!

**Congratulations! You have learned the secrets, and you earned
\$1,000,000 in play money!**





Win with Your Heart™ Daily Success System

date: _____

Check all that apply...

- You are smiling a relaxed smile
- You are slowing your breathing
- You are seeing everything going well

List three or more things you are grateful for today...

List three or more things you are grateful for in advance...

Sketch, doodle, or collage an image of you enjoying a perfectly successful and fun day today (for added primal power, use colour and/or crayons).



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**Congratulations! You have completed your daily success system a few times,
and you earned \$2,000,000 in play money!**





Win with Your Heart™ Daily Success System date: _____

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**Congratulations! You have completed your daily success system a few times,
and you earned \$3,000,000 in play money!**





Win with Your Heart™ Daily Success System date: _____

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**Congratulations! You have completed your daily success system a few times,
and you earned \$4,000,000 in play money!**





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**Congratulations! You have completed your daily success system a few times,
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Together, we can inspire your world.