



Congratulations on investing in your personal growth and the B.R.A.I.N. System.

HERE'S TO YOU!

As you leave this event or complete watching the videos you will be more your soul's truth. As you take the B.R.A.I.N. System methods with you, the tools ONLY work if you use them. To be your best self it takes commitment and discipline.

"But, Louise, I know I need accountability and a coach." If this is you let's talk and find out if I can help you. Please go to louiseswartswalter.com, click on Discovery Session and fill out the form. I will receive the form confidentially in my email, and we will set up a time to talk.

I look forward to supporting your success!

Love,

Louise

STAY CONNECTED!



@LouiseSwartswalter1

Stay up-to-date on all of my events, classes, webinars and more.



@LouiseSwartswalter



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louiseswartswalter.com
Be sure to subscribe to my newsletter!



Attendees at my first annual Brain-Soul Leap Bootcamp, 2017. Time flies when you're having fun!

QUESTIONS TO ASK YOURSELF DAILY?

Did I set my intention for today?

Am I 100 % myself? Who is my energy field that I need to clear out?

Did I do Mind Gems and say my affirmations with passion, music, movement?

What shifts did I observe in myself? Today? This week? This month?

Am I focused on my forward movement? Slipping back?

What one item can I focus on and shift this week?

OTHER TOOLS

- Positive points
- Clearings
- Journal
- Grateful journal
- Exercise
- Breath work
- Healthy eating
- Sleep
- Regular schedule
- Kicking out the negative thoughts
- Write your affirmations and goal

Ready for the next step? Learn more about my annual B.R.A.I.N. Integration Retreat, or how to work closely with me in my Mastermind Program, and Certification Program at:

louiseswartswalter.com.