

Don't Believe Everything You Think: 7 Strategies to Change Your Thinking and Change Your Reality

What you think matters. Your thinking and your feelings create a cascade of chemicals that either activate the innate healing systems in the body – or shut them down. In a world where CNN might as well stand for constantly negative news, you need to make a real effort if you want to stay positive and optimistic. This program gives you seven easy proven strategies to change your reality by changing your thinking.

You think over 60,000 thoughts a day. 90% of them are the same thoughts as yesterday, and estimates say that 80% of those are most likely negative. The primary function of your brain is to keep you safe, so you are constantly scanning for danger.

- You'll learn how the thoughts you think make up the stories you tell yourself – and how those stories impact your emotions and ultimately your success or failure in life.
- You'll understand the real differences between optimism and pessimism – and how the practice of positivity and the quality of the questions you ask yourself will shift you into a more optimistic frame. Since optimists enjoy more successful and healthier lives - and live 7 to 9 years longer than pessimists, that's a good thing!
- You'll learn about the Law of Expectancy and how to use your mind to outsmart your genetically determined "Happiness setpoint."

You'll discover 7 simple strategies for weeding out the "Automatic Negative Thoughts" which are the seeds of stress – and how a new way of thinking will change your reality.

Science tell us that investing in positivity is an investment in resilience and long term wellbeing. Even in trying times, you are capable of experiencing more joy, happiness and success.

JoAnna Brandi is on a mission to make workplaces happier, safer and more productive places - so that positive emotion spills over to customers, suppliers, families and communities and out into the world.

A consultant and speaker on the topic of the Customer and Employee Experience for the last 30 years, JoAnna, now a **Certified Chief Happiness Officer**, will leave you with **7 tools** that will **increase your positivity ratio at work and at home**. She is author of two books on Customer Loyalty and ["54 Ways to Stay Positive in a Changing Challenging and Sometimes Negative World."](#)

JoAnna has been Vistage speaker for 25 years. Her clients range in size from multi-nationals to a local health food store. Her clients enjoy the profit that comes from treating employees and customers well.

You are invited to join JoAnna as she presents **"Don't Believe Everything You Think: 7 Strategies to Change Your Thinking and Change Your Reality."** in a fast-paced webinar format or interactive program. Available in 45 minute, 60 minute or 90 minute formats -Your investment - \$2,500.

