

7 Actions to a New and Happier You!!

By John David Brewer



Foundational Journey Institute



Action Seven
Have a Strong Support Group



Foundational Journey Institute

Action Seven

Have a Support Group – Have These!!

Action Seven

Have a Support Group – Have These!!

Trusted
Family
Members



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Trusted
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Those Who
Love & Respect
You



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People Who
Inspire You



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People Who
Inspire You

Optimistic and
Hopeful People



Action Seven

Have a Support Group – Avoid These!!



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Bitter
Cynics



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Chronic
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These All Could
Describe Family
Members



Setting Proper Expectations



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Choose one of these actions and implement it today, or tomorrow if you are reading this late at night. Just taking action is an action in and of itself!



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Small, gradual changes, can be seen within a week...Dramatic changes within 60 days. The mindset of a new you will have become automatic.



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Patience is your #1 ally. Consistency is your #2 ally. It took you (the # of however years old you are) to get into the situation you are in;

CHANGE TAKES TIME AND EFFORT!!!



**Do You Want to Unlock Your
Personal Transformation to the
Next Level?**



Foundational Journey Institute



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