



ADVENTURE GUIDEBOOK #1:

OWN IT!

Who doesn't like superheroes? Superman, Supergirl, Spider-Man, Wonder Woman... they all have at least three things in common. There are the superpowers. And of course, the really great costumes. Finally, and perhaps most importantly, the superheroes we've all looked up to as kids and perhaps even now, share one unifying trait: positive energy – tons of it! No matter how many times they get knocked down, they get right back up again. When was the last time you saw Wonder Woman whining about not being back home, sulking, complaining, or pouting? It just doesn't happen. Superman doesn't let the idea that Kryptonite exists get in the way of his success or stop him from believing there IS a way to achieve what he needs to.

But here's the thing. That Positivity? It's not just for those walking around with a Lasso of Truth or the ability to shoot lasers out of our eyes. Sure, those Superpowers are pretty great – but what if you had your own? We believe you do. It's that same unifying trait that resides in all the heroes we look up to – it's the power of Personal Positivity.

Personal Positivity is an outlook, a new approach to life and to the situations we all face. It's the key that unlocks the door you've insisted is standing between you and that wonderful lifestyle you aim to lead. Through Personal Positivity, you can change how you deal with challenges and stressors; you can adjust your perspective on life itself. It helps you



see opportunities more readily and have the courage to jump on them; it gives you the energy you need to explore more of what life has to offer. It equips you to overcome fears, take more risks, and go after your dreams, goals, and desires.

It can lead to a beautiful lifestyle. Through Personal Positivity, you will have a new perspective on the world. You will be able to reach new personal heights by shedding baggage from the past that's holding you back. Instead, you'll find yourself living in the now, planning for your future with enthusiasm as you reach your full potential. Personal Positivity will propel you forward to grow and expand your interests and activities. You will enjoy more profound and more satisfying relationships and feel a greater sense of fulfillment in your life. In short, you will be happier and more productive. The truth is, Personal Positivity challenges you and allows you to get the most out of every day.

Some of you may be thinking there are a lot of wonderful messages out there about Positivity in books, lectures, articles, webinars, blogs, and so forth. Many people are discussing the impact of Positivity, so what makes this program any different?

The difference is that while these books, webinars, and so forth are quite uplifting, the well-meaning message doesn't last for very long. Sure, you will put down the book, or leave a webinar, feeling pumped up and full of Positive energy. But as you return to life's challenges, the enthusiasm begins to fade. The fact is, life will throw you a bunch of curveballs. Since the book, seminar, or webinar has not provided you with a solid foundation to build upon or helped you establish a skill set to effectively deal with such curveballs; you won't have the tools you need to deal with these challenges. It's like going on a retreat with your team at work to improve



work culture. The two or three days of the retreat are full of positive messages and team building.

Everyone leaves with smiles on their faces, ready to forge ahead as a team. However, after a few days, perhaps a week, the feeling wears off. Typical issues arise at work, and suddenly it's back to business as usual. This is because the Positive attitude is like a five-hour energy drink. You get a burst of energy and your heart starts racing. You feel great for a while, but in time you come crashing down and may even have less energy than when you started. This is because making changes, like most important things in life, takes time, preparation, and hard work. When you are genuinely committed to making positive changes in your life, you prepare for the speed bumps as you ride along the road to success and happiness. For this to happen, you have to keep working at it. Fortunately, the process detailed in the Adventure you're about to embark on here will help you prepare and keep you working, holding you accountable for those changes, and making sure that they happen. For real this time.

This Adventure is uniquely designed to guide you through a step-by-step process that gives you a foundation for long-term change. Few people looking to enjoy a more positive and productive lifestyle have trained themselves with a process that provides lasting power to face life's challenges and seize opportunities. That is what this Adventure presents: training to improve your life through Personal Positivity.

Truly successful and accomplished people put in the hard work it takes to succeed. Athletes, performers, entrepreneurs, medical professionals, among others, achieve success through dedication, repetition, and a positive attitude.



Some people are born with great natural talent and abilities. However, many of these exceptionally gifted people never fully reach their potential. They do not have the attitude or work ethic necessary to accomplish great things. Those who win forge forward, continually honing and perfecting their skills and abilities. This process is no different. It may take weeks, months, or even a year, but in the end, it will be worthwhile.

This book will take you on an adventure, and over the course of this Adventure, you will build the foundational habits for leading a life with the power of Personal Positivity. We all have the natural ability to access this power, and through this Adventure, you will find the steps to fulfill your potential.

