



POSITIVE CHARGE

Title: Welcome to Get Your Mind On

Volume 1, Blogisode 1

1. When you wake in the morning and start your day, what's on your mind?
2. Is there something that you have been delaying action on?

What's stopping you?

3. Think about starting a GET YOUR MIND ON journal or Monday morning diary. Your GET YOUR MIND ON notes can be referenced for on-the-spot motivation, shared with colleagues at a staff meeting and encourage loved ones.