

## **Think Like a Winner- Course Outline**

*This 3 week class (or 1 day seminar) will introduce the power of positive thinking and the importance of keeping the right attitude*

**Benefits:** *Client will understand how positive thinking vs. negative thinking can impact their behaviors*

### **Session 1:**

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

### **Session 2:**

- You bring about what you think about - illustrate how positive thinking promotes a positive environment

### **Session 3:**

- Attitude of Gratitude - client will be taught the importance of appreciation