**The First Seven Years, Larne Neuland**

**History of the project:**

* Thoughts dictate experience. Larne was miserable. She decided to focus on love to grow her positive thoughts.
* She then wrote:
	+ How to WIN when Life is Unfair
	+ Let’s take a Peek at our Thoughts -comes with 2 small stuffed animals. ‘Grouch’ and ‘Love’

**In the first 7 years, experience will dictate 95% of their thoughts, attitudes, and beliefs**

**4 types of thought categories:**

* Combo - a mix of thinking
* Realistic
* Positive - the groundwork of manifestation
* Negative

Negative thoughts self-destruct your own life. You don’t engage in unsafe choices that would kill you, why would you consciously choose to focus on negative thoughts

Positive - Train your mind to see the goal, not the obstacle.

You will know when one goal must be sacrificed for another goal

**The book includes:**

* Movement and exercise
* Visualizations/imagination work
* Role play

**7 Pillars of Thought:**

5 senses - bring in real objects, ie salt touch, perfume smell, bell -hear, fruit - taste

1. Everything starts with a thought
2. Our thoughts live in our thought house
3. Grouch and love
4. Who chooses thoughts
5. Learn when grouch and love enter
6. How to get a grouch out
7. Love builds, Grouch destructs