

Mentored By Your Own Head (Sample Emails)



www.MentoredByYourOwnHead.com

FROM: MentoredByYourOwnHead@gmail.com

SUBJECT: Don't BELIEVE in you... CREATE YOU instead!

"Just be you, just be you, just be you..."

You've heard that a thousand times, haven't you?

But what if the *just be you* part is the you that's a quivering wreck, a nervous bundle of mismanaged habits and behaviours, someone who's so concerned with their own image, who rarely gets things done on time, is a professional procrastinator...

What then?

Because who'd want to have that kind of 'just be you' person in our lives?

Fact is...

We ALL have those people in our lives!

But what if that's US? What if we're that '*just be you*' person?

How can we NOT BE US?

We do that by... NOT BEING US!

Exactly that.

However, for that to happen, we've got to know that we've already made ourselves up as we currently are.

SO...

WE CAN MAKE OURSELVES UP TO BE ANYONE WE WANT AND, HAVE ANY PERSONALITY, WE WANT!

Yes.

Truly.

We can *reinvent* ourselves.

Just like an actor can.

And it's not a false story being told here.

Because, till date, we've ACTED out our own current script, anyway.

So, who do YOU want to be?

Don't believe in the current you if you're stuck and fearful.

CREATE a NEW version of you, instead.

Mentored By Your Own Head

FROM: MentoredByYourOwnHead@gmail.com

SUBJECT: GIVE IT.. silly!

Want love in your life?

Give love.

Want praise?

Give praise.

Want money.

Give money to others who're wanting.

Want encouragement?

Give encouragement.

Want to be motivated?

Give motivation to others.

Give BEFORE getting.

It's contrary to popular belief.

Most want to get, first.

THEN... they'll give.

Mentor your own head by GIVING first.

Mentored By Your Own Head

FROM: MentoredByYourOwnHead@gmail.com

SUBJECT: The CURE to living a jittery life!

-- COMMITMENT --

That's the CURE to living a jittery life.

To find something to be committed about, and --
TO COMMIT to it.

Nothing more powerful than living a committed life.

WHAT to be committed, to?

You choose.

It's your life.

It's YOUR choice.

Commit to living your best healthy life...

Commit to MASTERING making wealth a MUST...

Commit to thinking and acting in ways that serve,
others...

Commit to making your relationships be the best they
can be...

Commit to being the best version of yourself you
can ever be.

COMMIT TO LIVING AN >>>UN-JITTERY<<< LIFE!

Mentored By Your Own Head

FROM: MentoredByYourOwnHead@gmail.com

SUBJECT: Do you believe your stressed-out thoughts?
If you do, you'll SUFFER... big time!

Arguing with reality, says my friend Katie,
is fruitless and foolish.

Because...

That's when I start to believe my stressed out
thoughts...

And those stressed out thoughts happen
when I INSIST ON ARGUING against reality.

You suffering with your thoughts?

Check if it's against something that's a REALITY.

You stressed that your relationships should be better,
but, they aren't?

REALITY SAYS...

Relationship is all at sea.

You say...

"IT SHOULD BE BETTER"

Arguing against reality, against WHAT ACTUALLY IS --

... IS, suffering.

And it happens, but ONLY in one's THOUGHTS.

Live in REALITY

Adjust your thoughts

Live STRESS free.

Mentored By Your Own Head

If you'd like to receive further emails that have the potent power and ability to transform you from the inside out, go ahead and register at www.MentoredByYourOwnHead.com

And, at the same time, you'll receive a **FREE copy** of the following publication:

Melting the Mind Madness --

**How To Get Mentored By Your Own Head
in 3 Simple Steps and Banish Procrastination, Frustration and Fear
Out of Your Life *For Good***

IMPORTANT DISCLAIMER:

You are an adult. You know what's good for you and you know what's not. The information you find here is to be used entirely at your own discretion, based on your own common sense. You are responsible for the results you get in your life. What you choose to do with this information and anything to do with material produced by MentoredByYourOwnHead.com is 100% up to you and the publisher takes no responsibility in how you use the material and/or the results you get.

© Copyright MentoredByYourOwnHead 2012