

Sarah Harrison



## ★ MindPower™

Understand the Power of Your Mind and Why You Achieve What You Believe

1. How Your Mind Shapes Your World...and What You Can do to Shape Your Mind
2. Power of Possibility – Why You Achieve What You Believe (The Good & the Bad)
3. Building Neural Pathways – How to Create Your Path to Success
4. The Secret Radar in Your Brain – How to Use Your RAS to Achieve Your Goals
5. Power Shifting – How to Choose Your Power Even When Things don't Go Your Way



## ★ InnerPower™

How to Think for Yourself, Make Good Decisions, and Stand Up to Peer Pressure

6. The Power of Self-responsibility – How to Be "The Boss of Me"
7. Choosing Integrity – What You Do When No One is Looking
8. Make Your Mark with Respect – Understanding Your Impact on Others
9. Make Your Mark with Self-respect – Understanding Your Impact on You
10. How to Make Good Decisions – Choosing What You Want for You
11. Standing Up to Peer Pressure – How to Say "Yes" to You and "No" to Peer Pressure



## ★ MePower™

How to Develop Soaring Self-esteem and Powerful Self-confidence

12. I Love Me! How to Develop Soaring Self-esteem
13. I Honor Me! How to Be Yourself and Honor Your Uniqueness
14. I Believe in Me! How to Develop Unstoppable Self-confidence
15. Self-talk – Mastering the Secret Behind Self-esteem and Self-confidence
16. Self-coaching – How to Conquer the Day-to-day Ups & Downs & Create Daily Mastery



## ★ DreamPower™

Create Your Vision, Achieve Your Goals, & Manifest Your Dreams!

17. Creating Your Vision – What do You Want?
18. Goal Setting – How to Turn Your Vision into Action!
19. Law of Attraction – Using Attraction and Action to Manifest Your Goals
20. Visualization – How Winning in Your Mind Creates Winning in Life!
21. Affirmations – How to Program Your Mind to Reach Your Goals
22. Gratitude – How an Attitude of Gratitude Prepares You for Your Dreams



## ★ Slaying Dragons™

Learn to Bust Through Fear, Mistakes, Failure, and Change

23. Overcoming Mistakes – How to Learn from Mistakes and Let them Go
24. Managing Fear – How to Create Courage and Bust Outside of Your Comfort Zone
25. Moving Past Failure – How to "Put it in a Box" and Keep on Goin'
26. Managing Change – How to Embrace Change and Thrive
27. Conditional thinking – How "if...then" Keeps You from Happiness