



The Power of Me : A Powerful Program for Young People

Aitken, Traill, MYSZKA



This program, when properly understood and followed, will help young people achieve their full potential in all areas of their lives. The program teaches: GOAL SETTING VISUALISATION HOW THE MIND WORKS POWER OF CHOICE TREASURE MAPPING SELF-TALK / AFFIRMATIONS Believe in yourself. Dare to dream. Dream BIG. Anything you want IS possible. There is hardly a day that goes by in one of my seminars, where someone does not come up to me and ask about material that will help build the self-esteem of their children. Today I would suggest they get hold of a program called The Power Of Me. Russell, Fran & Nicki have dedicated themselves to developing a very unique and simple method to capture the attention of children without any specific bias in learning about their own individual uniqueness and more importantly, how to use it. This material is the very foundation to build into our children the qualities of leadership and the characteristics necessary to do it. John Canary President, LifeSuccess Consultants Create some fire & pass the torch

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