



# Catch Your Patterns

A One Day Workshop

“What is the most important factor in your life that determines your success and failure ?”

It is your **SELF-ESTEEM** !!!!

The level of your own esteem drives you forward OR acts as a deterrent to your success !

**CATCH YOUR PATTERNS !**

....And be totally fulfilled!

Think about this.....

Why do we get angry ?

Why do we get irritated ?

Why do we feel sad ?

Why do we feel lonely ?

Why do we feel happy ?

Why do we feel excited ?

Why do we not return calls or emails or reply to sms ?

Why do we create excuses not to do something ?

Why do we procrastinate ?



All the above emotions and behaviour arise out of our own thought scripts.

Our thoughts arise from our past experiences.

Our past experiences, whether empowering or self-limiting, form the basis of our inner programming ---- our Beliefs !

But a low level or lack of self-confidence can be a serious block to our Happiness and Fulfillment.

We no longer need to be a slave to situations. Rather, be a Master of your circumstances !

*When you **CATCH YOUR PATTERNS**,  
you change your **Life-Experience** !*

