



RICHARD POW
MIND + BODY = POWER

The **POW** R Formula

MIND + BODY = POWer



Creative Vision



I BELIEVE IN MYSELF!

THOUGHT

I AM COURAGEOUS!

I CAN ACCOMPLISH!

AUTOSUGGESTION



CONSCIOUS
UNCONSCIOUS

I CAN.
I WILL.
I MUST.



ENJOY



TODAY!



BODY

ENERGY

MORNING ROUTINE



*Fuel your
body for
success*



Food is Fuel





Confidence & Authority

Conclusion

- We get to design our lives
- We must gain control of our thought (our supercomputer)
- When we are learning we must set it all out so we can review it
- Give ourselves the best start in the morning
- Harness our minds to our advantage
- Give ourselves the fuel & energy to create results
- Take our lives seriously (we are here only once!)

