



WORLD FITNESS EXPO

BUSINESS



Nathalie P.

REPROGRAM Your Brain FOR SUCCESS

THINK
Yourself®
D.N.A. SYSTEM



THINK
Yourself™ DNA System

DNA



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PERSONAL TRAINING MARKETING TRENDS SALES
MANAGEMENT SERVICE GROWTH LEADERSHIP

Friday August 10th - 4:30 p.m. to 6:00 p.m.

Session 3407

by Nathalie Plamondon-Thomas

Transformation Expert

No.1 Best Selling Author, Master Coach, Speaker, Publisher

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FEEL LIKE THIS?

- You know what to do but you are not doing it
- Fear
- Stress
- *Knowing and not Doing is like not Knowing at all!*

NOTES: _____

YOUR BRAIN POWER

- Logical Mind
- Unconscious Mind
- Personal Assistant
- Self-Sabotage

NOTES: _____

THE D.N.A. SYSTEM

DESIRE (Environment & Behaviours)

NEW YOU (Skills & Beliefs and Values)

ACTUALIZE (Identity & Life Purpose)

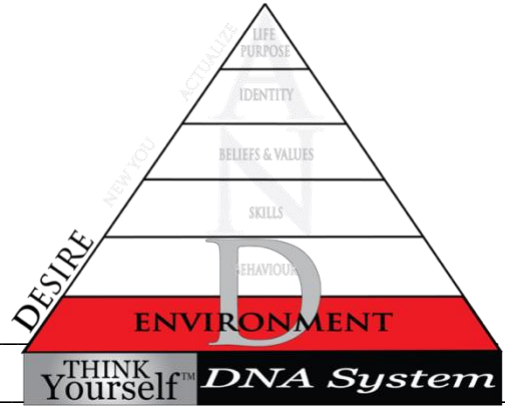
NOTES: _____

THE “D” - DESIRE

ENVIRONMENT

- Assess your environment / Balance

NOTES: _____

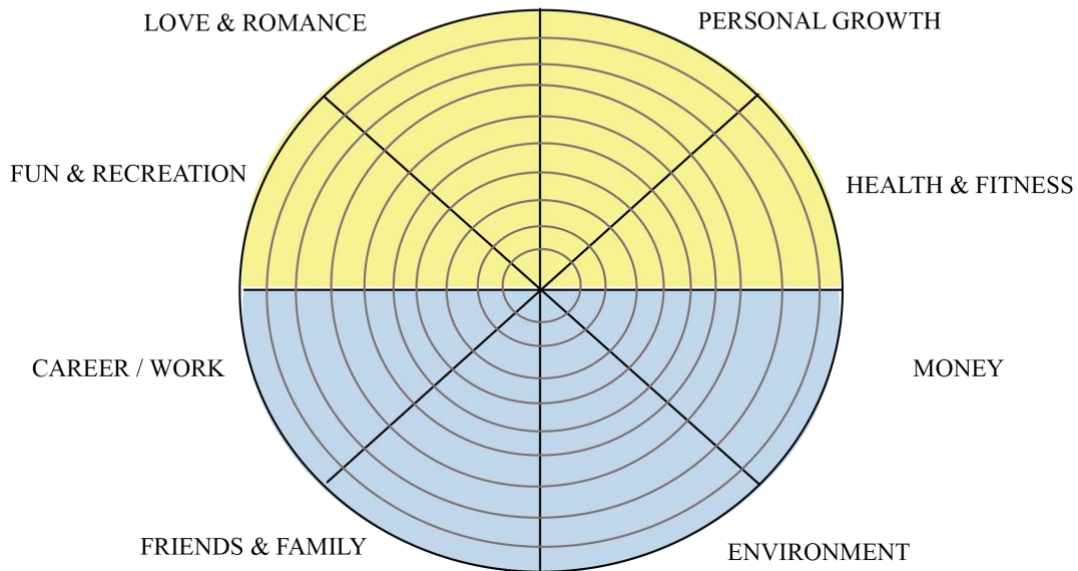


What or who in your environment supports your success?

Who or what in your environment needs to change?

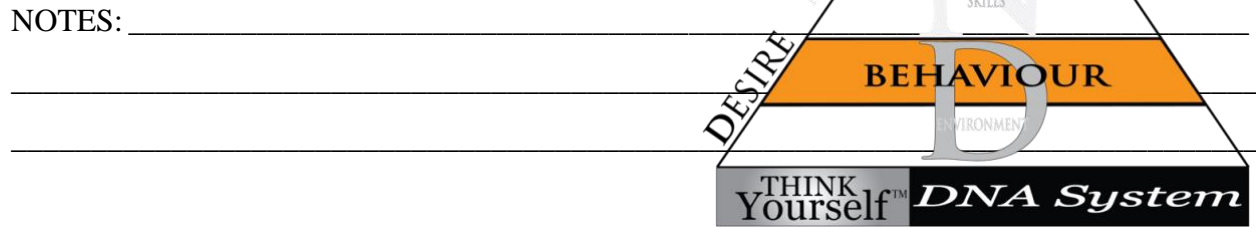
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BALANCE WHEEL



BEHAVIOURS

- Start eliciting your positive outcome.
- What do you want?



What behaviours support your success?

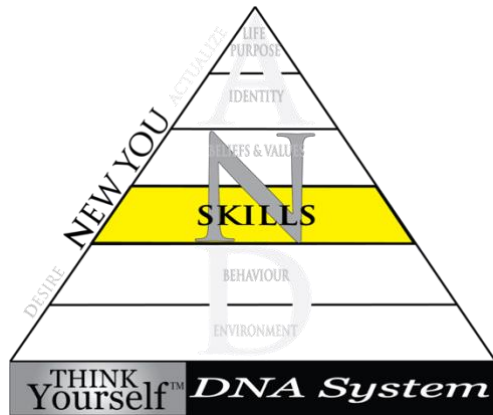
What behaviours do you need to change?

Your Positive Outcome:

THE “N” - NEW YOU

SKILLS

- Niche
 - o Market
 - o Skills
 - o Passion
 - o Sweet Spot



NOTES: _____

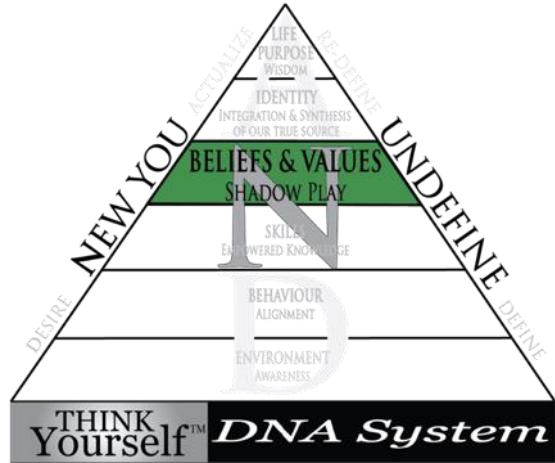
What skills come easily and are effortless for you?

Define your niche (ME ONLY)

What do you need to learn?

BELIEFS & VALUES

- Self-Sabotage
 - o Intention Behind the Behaviour
 - o Language
 - o Limiting Beliefs
- Negative to Positive
 - o Being Successful is Hard Work
 - o When you Make more Money, you Spend more and Always Live Paycheck to Paycheck.
 - o Finding Opportunities is Hard



NOTES: _____

Think of your specific goal. What limiting beliefs are holding you back from achieving it?

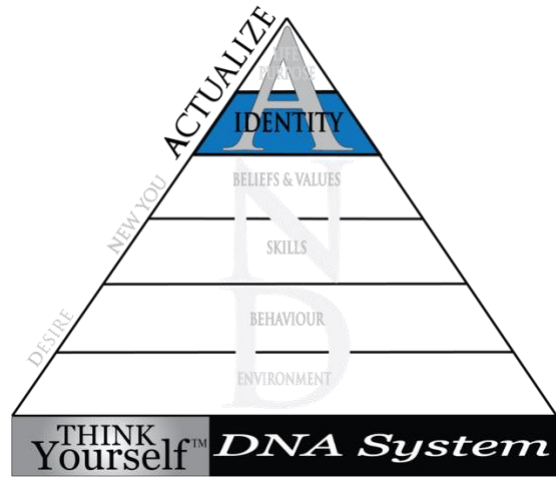
How can you re-phrase them?



THE “A” – ACTUALIZE

IDENTITY

- I Am Shy
- STYLE-L.I.S.T. Assessment Tool
 - o Leader
 - o Influencer
 - o Supporter
 - o Thinker



NOTES: _____

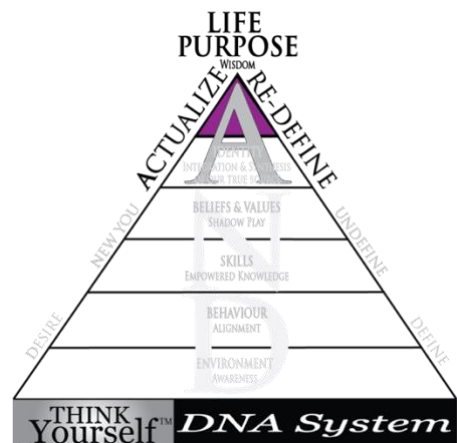
What do you love about who you are?

Is there anything that you do not like about who you are and that you want to commit to change?

LIFE PURPOSE

People don't buy what you do, they buy why you do it.

- Simon Sinek

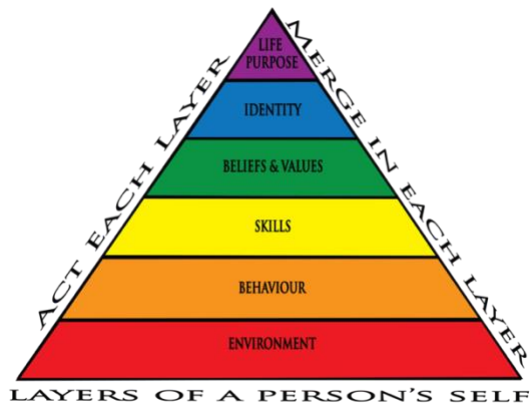


NOTES: _____

What is your purpose? Who are you serving? How are you a contributor?

Why do you want the things that you want? What is your “Big WHY”?

ACT & MERGE



NOTES: _____

ANTICIPATE - PLAN B

What could get in the way?

What are you going to do about it?

ACCOUNTABILITY

List one thing you will do this week:

What are you going to do to stay motivated?

Write your accountability Partner's name and number:

You will be talking one week from now, on _____ (date) _____

YOUR FEEDBACK IS IMPORTANT

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Session no. 3407

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NATHALIE PLAMONDON-THOMAS



The Expert with a proven system to reprogram your brain and give you transformational results. Founder of the THINK Yourself® ACADEMY, speaker, Master Life Coach and No.1 best-selling author of seven books on wellness and empowerment.

NATHALIE P.

Transformation Expert

Master Coach – No.1 Best Selling Author – Speaker - Publisher

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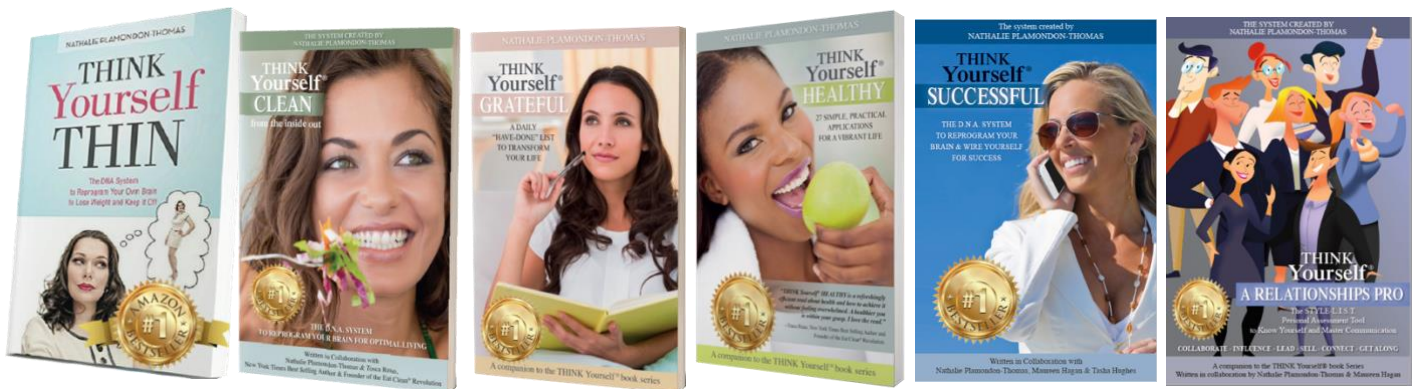
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