



A Hopeful Encounter, Inc.

Journey to Success – 01/13/23



Who are we?

- Local and international CBO
- Established in 2014
- Our mission and vision
- Serves our SEAA communities

What do we do?

Locally

- Youth programming
- Sports tournament

Internationally

- Build schools and maintain educational programming in Laos





Workshop

How your mind shapes your world!

Understanding your mind

is the secret to...



**Building powerful
self-confidence**



**Creating strong
self-esteem**



**Achieving your
dreams!**

Let's learn how...



Storytime!



Where do you want to go in life?

Just like a plane takes you where
you want to go on vacation, your
mind takes you where you want
to go in life!

Who's flying your plane?



Conscious mind

"Pilot"

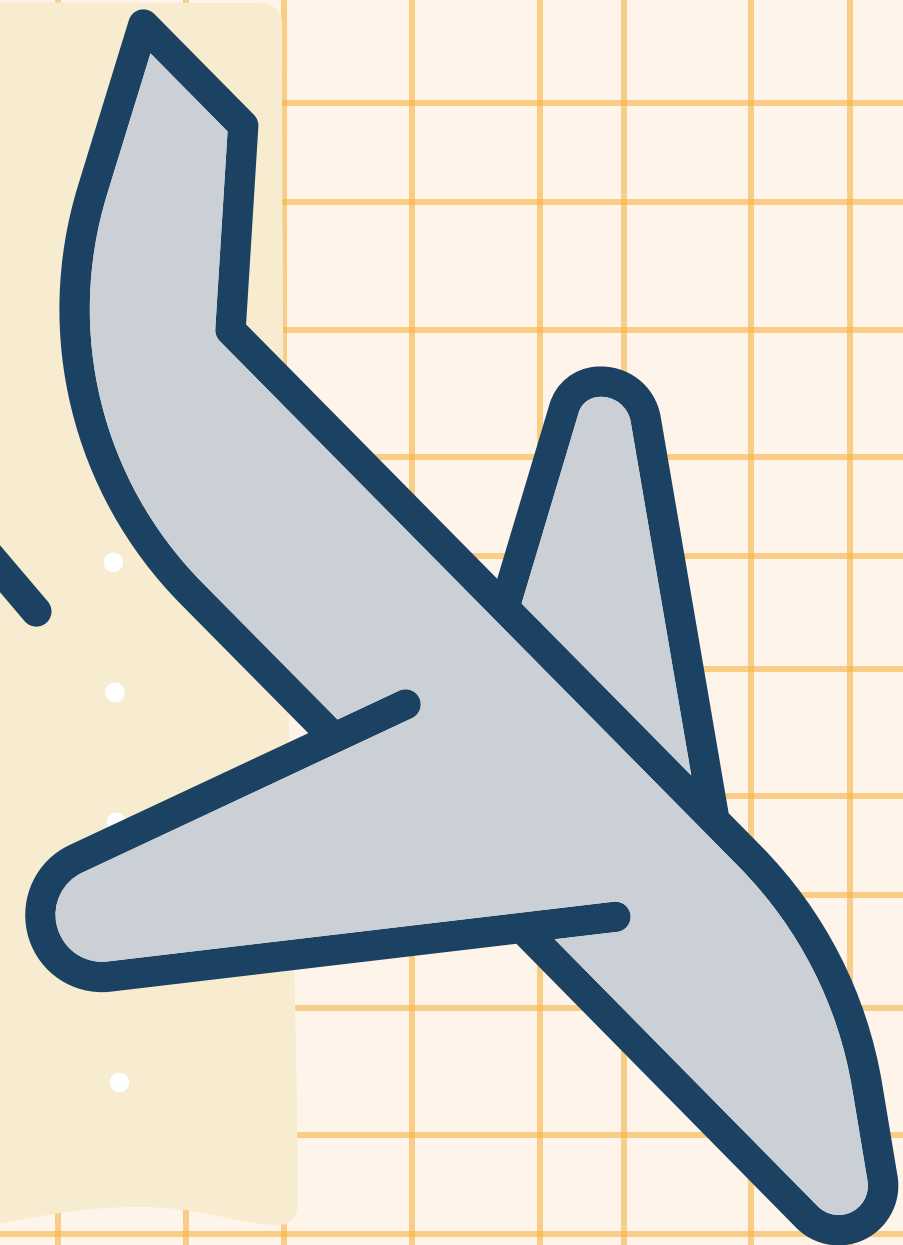


Subconscious mind

"Auto-pilot"

C Pilot Thinking and Autopilot Program

- If both your pilot and autopilot are working together, you can go anywhere in life
- If your pilot and autopilot aren't working together, you will crash!





You Have Both Supportive and Limiting Beliefs

- Supportive beliefs help you get what you want
 - For example: "I am smart!" and "I have lots of friends!"
- Limiting beliefs can hold you back.
 - For example: "I'm not smart" and "I can't do it"

What are some supportive and limiting beliefs you can think of?

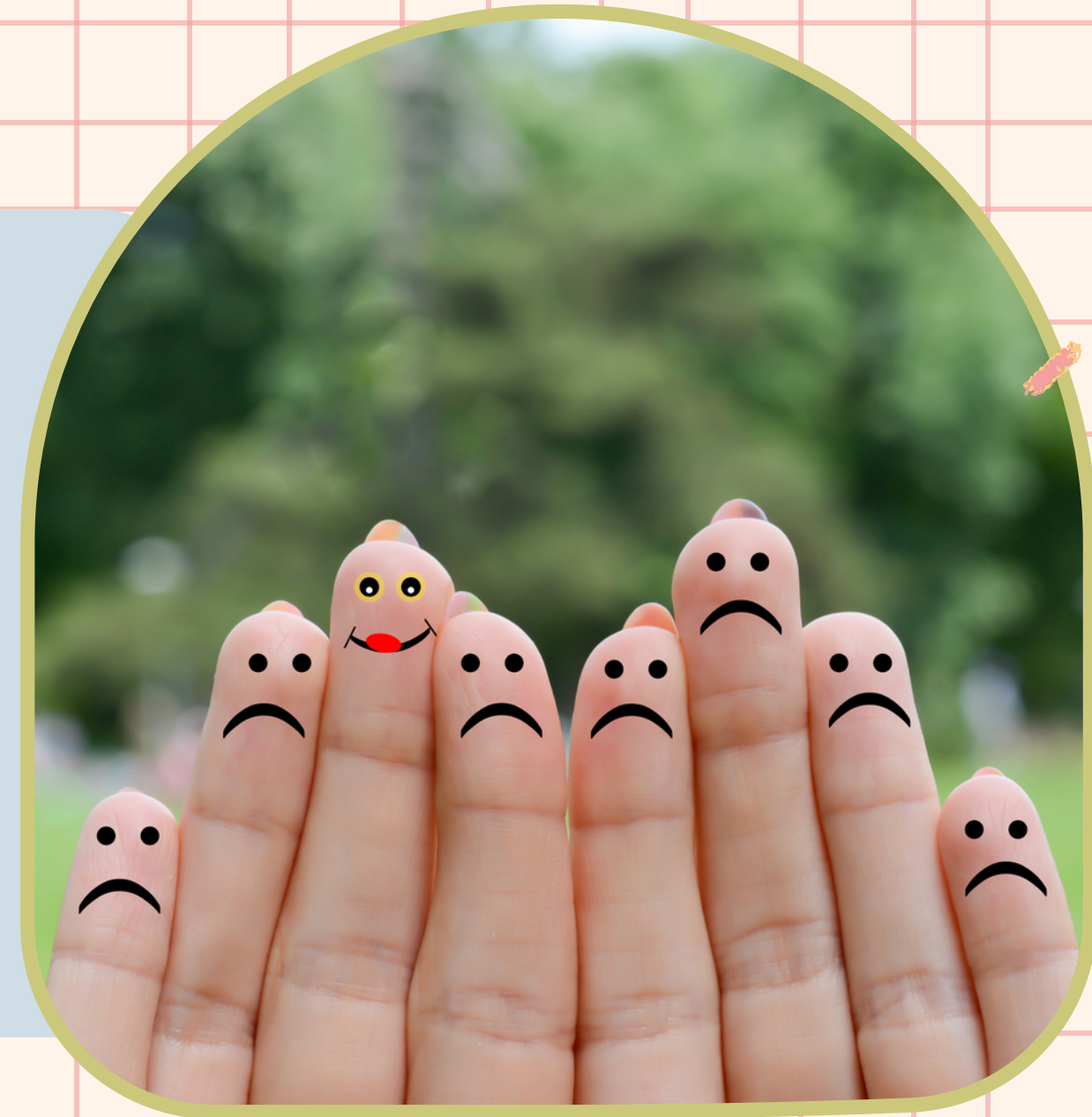
The choice is yours!



The good news...You get to choose what you believe!

Grungies

- Grungies are yucky feelings like sadness, anger, depression, and nervousness.
- Grungies are caused by negative thoughts that may come from your conscious or subconscious mind





Wrap Up

- Your thoughts shape the way you see the world, yourself, and what is possible for your life
- The cool thing is, you get to choose your thoughts!

You have the power to shape your thoughts
and to shape your life!





Thank you!
Any questions?