



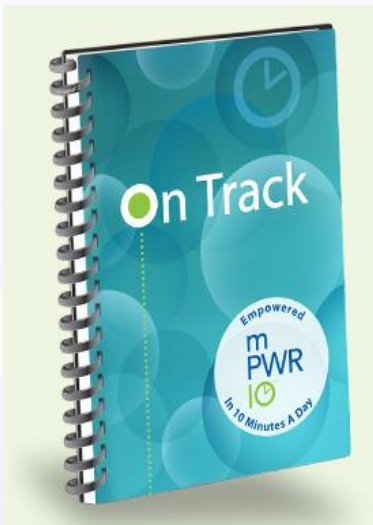
# Shift your Mindset, Transform your Results in 10 Minutes a Day

## Want to be 'in control' and focused? Reaching goals while confidently handling challenges?

Specific habits of the *mindset* have been scientifically proven to drive success -- personally & professionally. These compelling data come from the field of Positive and Peak-Performance Psychology, which supports that a positive mindset allows us to thrive and achieve the results we want while remaining resilient in the face of inevitable challenges. *mPWR<sup>10</sup>* is a short, powerful personal development program featuring the 6 proven highly effective habits. Uniquely, with *mPWR<sup>10</sup>* you create sustained behavioral change. By spending 10 minutes a day completing the self-coaching tool, the *mPWR<sup>10</sup>* habits become your habits.

### *mPWR<sup>10</sup>* Users Consistently:

- Enhance resilience and overall outlook
- Improve preparation and confidence before key events
- Are proactive and focused on key priorities
- Bounce back quickly following change or challenges
- Accelerate goal achievement



### TRAIN 90 Minutes

Group Workshops  
(Small or Large)

Individual Sessions  
(Live or Webinar)

### SUSTAIN 10 minutes a day

Self-Coaching Tool

Text Messages



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