

# Monthly Meeting February 23, 2016

## Event Agenda

Tuesday, February 23, 2016 at 7:00pm ET - 8:30pm ET

**i** All times listed in Eastern Time (US & Canada).

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7:00pm - 8:30pm

### **JOY vs DEPLETION™ MINDSET FIRST – ACTION SECOND**

Nancy Rizzo a Certified Life & Mindset Navigation™ Coach. She has trademarked systems that create life-changing results for her clients

Our meeting topic is JOY vs DEPLETION™ MINDSET FIRST – ACTION SECOND. This Mindset Navigation System keeps us on The Joy Road in Positivity where there's high vibrating energy and clarity so you can get all your things done. And it keeps us off that Depletion Road where negativity keeps you in low energy, stuck and in overwhelm, where you bounce off the walls, procrastinate, beat yourself up, don't start, and play tug-of-war all day.) It is finally The How! The Art & Science of Change – rewiring your brain!