



OVERCOMING THE DOORWAY EFFECT

What to do when you feel like you're losing your way

PROGRAM LENGTH

45min – 1hr

PROGRAM DESCRIPTION

No matter who you are, where you come from, or what you've accomplished in life you will inevitably be faced with a time where you feel as if your life has gotten off track. Whether it be at work or in your relationships those moments can lead you to feel stuck or lost. In this program, Greg will take an unexpected approach to explaining how and why this happens and will provide you with a path to regaining traction in the most important areas of your life.

PROGRAM OUTLINE

- I The Doorway Effect Defined
 - What did I come in here for?
 - What your mind is doing that you may not be aware of
 - Why what you're trying to do may not be working

- II The Path to Getting Back on Track
 - Understanding that it may not really be your "way" that you've lost
 - 4 steps to Overcoming the Doorway Effect

- III The Physics of Motion
 - Momentum
 - Impetus
 - Knowing which one to choose

