

Permanent Efforts - Presentation

Hi everyone, my name is Robert and I have created tool helping you to overcome destructive thinking habits and implementing constructive ones instead.

I believe that thoughts are very powerful!!! - Pause -

I once heard a quote from the actor Will Smith: Whether you believe you can or you can't ... you are both right! I was already familiar with this kind of thinking but it was when I heard this statement it really hits me!

Our own thoughts are really creating the perspective of the world that we experience. It is not about what happens to us but what we think about it!

So once you are at that point believing this too, the big question is: „How am I able to change my thinking habits as we are normally not thinking in a conscious way...we just think (and this we do a lot - about 60k thoughts per day I read somewhere - I don't know how they measure this but just lets take with us that we are thinking a lot)

That is what Permanent Efforts is all about. It is about a continuous, calm and active work on your very own thoughts. But not on every single one but just these ones you consider to be most worth changing.

How does it work:

1. Take your time to think consciously. Three to five times a day for just one minute thinking about what thoughts are causing negative emotions or where am I blocking myself just throw my way of thinking?
2. Once you are aware of a thought write it down in the app. It is very important to come from thinking to physical actions. Writing down is the first step. The second step is a little bit more ?trickier?
Reformulate this thought: What is it that you want in this situation? What kind would be more constructive?
3. Last step when ever you are aware of one of your negative thought again take 15sec to xrepeat the constructive thought you want to think instead