




*Successful people
embrace being different*



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www.marisapeer.com

A woman with long brown hair, wearing a red spaghetti-strap dress, is smiling and looking upwards. She is holding a silver umbrella over her head. It is raining, and water droplets are visible in the air. The background is a soft, out-of-focus outdoor setting.

**If you want to get
over someone,
get under someone**




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The mind responds to two things:
the pictures you make in your head
and the words you say to yourself




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**When you're aware
of your feelings,
you understand yourself**

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*The best present you can
give yourself is to say,
“I am enough” every day*



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When you give someone the power
to make you feel good, you
simultaneously give them the
power to make you feel terrible

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Success
doesn't come to you,
you go to it



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When you treat the body,
the mind will heal



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*Whatever you focus on,
you get more of*



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No one is better than
you and you're not
better than anyone




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Children are born knowing they are lovable. That belief gets submerged beneath beliefs that we are not good enough. Tell yourself every day “I am enough”.



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**Success is not never
failing, it's how quickly
you get back on track**

.....
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Note to self: Relax!

*You are enough. You are
enough. You are enough.*




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When you are
making mental changes,
you don't have to make an effort.
You just have to let them in.

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One of the most simple techniques
to feel good about yourself is to
not let in destructive criticism



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Bad ass world changer.

Go outside the box.



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*The only way to fail is
to fail to try*



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**No baby comes onto
the planet thinking
they are not lovable**



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3 things you need to know about your mind:

1. Your mind does exactly what it thinks is in your very best interest to do
2. You survive on the planet by avoiding pain
3. The only way it can know what causes your pain is from what you tell it




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**Nothing is bad or good,
but what you think about
it will make it so**


.....
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*We can't fight
evolution but we can
understand it*




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**Singing positive lyrics
in your head is
a way of collaborating
effectively with yourself**

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The 3 Rs

- 1) Does it roam
- 2) Can I eat it raw
- 3) Does it rot



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Imagination is more
powerful than knowledge



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*Decision is latin for
'to cut off from'*



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A woman with long brown hair, wearing a red spaghetti-strap dress, is smiling and looking upwards. She is holding a silver umbrella over her head. It is raining, and water droplets are visible in the air. The background is a soft, out-of-focus outdoor setting.

You can change
your life when you
change your mind




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If you want success, you must make
what is negative and familiar, unfamiliar
and what is positive yet unfamiliar, familiar




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**Bad hypnotherapy works
so good hypnotherapy
really, really works!**

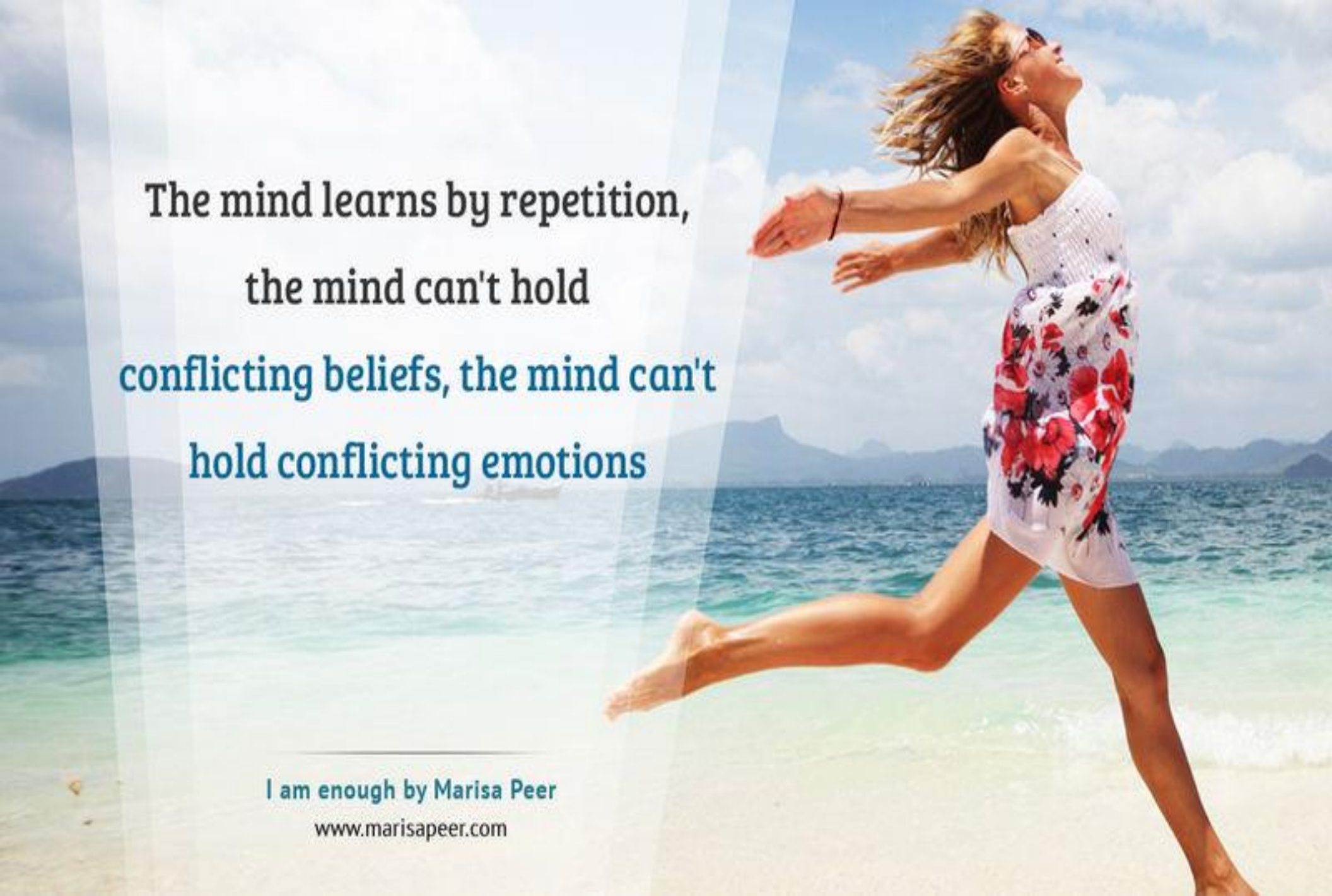
.....
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*Problems begin when
we link pleasure and
pain to the same thing*




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A woman with long blonde hair, wearing sunglasses and a white dress with large red and black floral patterns, is captured in a dynamic, mid-air running pose on a sandy beach. Her arms are outstretched, and her head is tilted back, conveying a sense of joy and freedom. The background features a clear blue sky with scattered white clouds, a calm turquoise ocean, and distant, hazy mountains. The overall scene is bright and positive.

The mind learns by repetition,
the mind can't hold
conflicting beliefs, the mind can't
hold conflicting emotions

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The common denominator
of all our issues is believing
that you are not enough



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You are
what you speak



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*When you express hurt
you have inner peace*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. Her hair and dress are wet with rain. The background is a soft-focus view of rain falling.

Your mind has one
job - to keep you
alive on the planet



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People who succeed naturally delay gratification.

When you train yourself to do the same thing even if
it's unnatural it eventually becomes natural



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Sleeping is a natural state

You don't go to sleep.

It comes to you.

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*Nothing withers your
spirit faster than
your own criticism*




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A woman with long blonde hair, wearing sunglasses and a white dress with large red and black floral patterns, is captured in a dynamic, mid-air running pose on a sandy beach. Her arms are outstretched, and her head is tilted back, conveying a sense of joy and freedom. The background features a clear blue sky with scattered white clouds, a calm turquoise ocean, and a range of distant, hazy mountains. The overall scene is bright and positive.

**Esteem means what you think of
yourself. Hold yourself in the
highest esteem and watch as
other people follow your lead.**

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The feeling that doesn't
express itself in tears will
cause other organs to weep



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Anger is only bad
when it is repressed



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*When you articulate,
you are emotionally free*



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Successful people
break rules and are
proud of doing so




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The rule of the mind is that you can never defeat
emotion with logic, because the emotional feeling is the
stronger feeling and it will defeat logic every time




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**Successful people take
one action every day in the
direction of their goals**

.....
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*Each day has purpose
and meaning when
you are a therapist*



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**You don't start things
when you are motivated.**

**You become motivated
once you start things.**

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When one person breathes easier
on the planet because of you,
you have purpose



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When hope dies,
aging takes its place



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*Nothing matters unless
you truly like yourself*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling, looking upwards. Her hair and dress are wet with rain. The background is a soft-focus view of rain falling.

**Make failure your
friend. Learn from it,
improve and move on**




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The way you feel about any event comes down to
two things: the pictures you make of the event
and the words you use to describe the event




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**People are too busy
making their own mistakes
to look at yours**

.....
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*All babies come onto
the planet knowing
“I am enough”*




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To be an A* student first
be aware of your feelings,
then accept them, then
articulate and assert them

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We play the only part
we have ever known until we
make another part our own



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Take whatever you want
and pay for it



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*To defeat emotion, you
need a stronger emotion*



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We only grow
when we do things
we don't want to do



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We are born with only two fears:
**the fear of loud noises and the fear of being
dropped.** Every other fear has been acquired.




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**Everything we want in
life is because of how
it will make us feel**

.....
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*A man who never
made a mistake
never made anything*




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Make self praise
ultra familiar and make
self criticism unfamiliar
in order to succeed in life

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If you want to change any action,
you must first change the
thought process that runs it



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Whatever is expected
tends to be realised



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*Whatever you focus on,
you experience and feel*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. The background is a soft-focus view of rain falling. The right side of the image has a semi-transparent brown overlay containing text.

**Your mind is a bit
like a classroom of
naughty children**



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If you want to be successful you must
be prepared to do what you hate
and to do what you hate first

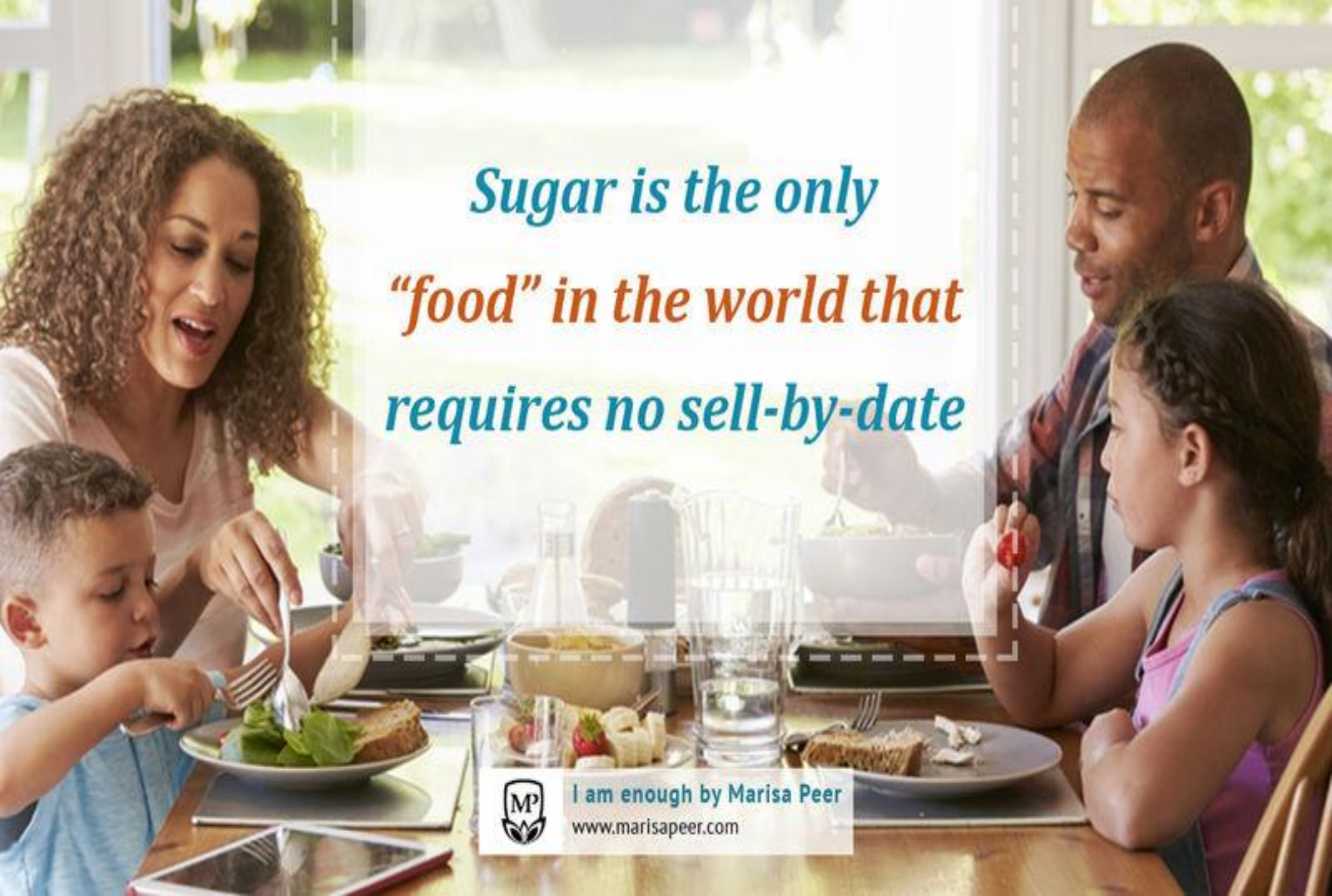


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People who can visualise
succeed more rapidly
than those who can't

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*Sugar is the only
“food” in the world that
requires no sell-by-date*




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**Praise builds self-esteem,
whereas criticism
withers it. Build up your
praise muscle every day.**

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Courage is not the absence of fear
but rather the realisation that
something else is more important



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Every habit of action is run
by a habit of thought



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*Whatever you focus on,
you move towards*



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We learn what we
live and we turn into
our expectations



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Your potential expands as you
move towards it. So you can never know
what your potential is because it is expansive.




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**The mind can make the
symptom of every illness
and remove them**

.....
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*Your mind's job is not
to make you happy, it is
to make you survive*




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Your thoughts control your
feelings, your feelings control
your actions and your actions
control events

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You play the only part
you've ever known until that
part becomes your own



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You don't relive anything,
you review it



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***Guilt is a manufactured
and learnt emotion***



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. The background is a soft-focus view of rain falling. The overall mood is joyful and serene.

Every thought you
think has a physical
reaction in your body




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When you know you are enough, you don't need
more of anything. When you know you are
not enough, you need more of everything.




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**When your mind stretches
to new dimension,
it never goes back again**

.....
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*Damaged people
damage people.
Hurt people hurt people.*




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**Imagination is more
powerful than knowledge
when dealing with your own
mind, or the minds of others**

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A common denominator of all
our issues is believing we are not
lovable or not enough



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Change your language,
change your life



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*Every habit of action is
run by a habit of thought*



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Pain in the past is
anger and pain in
the present is hurt




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You are allowed to make mistakes.

You are not allowed to beat yourself, punish yourself or
make yourself ill because you made a mistake.




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As the most healing
words are 'let go' the most
toxic words are 'hold on'

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*To be happy you must
be able to accept
happiness and forgive*




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**Your mind always
wants what is familiar.
Your mind always avoids
what is unfamiliar.**

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There is no destination called
happiness. Happiness is the
journey, not the terminal.



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Success doesn't come
to you, you go to it



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***No one**
can replace you*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. The background is a soft-focus view of rain falling.

When you welcome
restrictions, they stop
being restrictions



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Your mind doesn't care if what you tell
it is good or bad, true or false, helpful or unhelpful,
so you might as well tell it amazing things




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**The most important
opinion you will ever have
is your opinion of you**

.....
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*Your mind is set up to
answer every question -
so ask a better question*




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When dealing with the
subconscious mind, the greater
the conscious effort the less
the subconscious responds

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You don't need to see the
pictures, you need to speak the
words that make the pictures



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Your mind's job is not
to be your best friend



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*Your mind is a goal
seeking mechanism*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a silver umbrella with a red handle and is smiling, looking upwards. Her hair and dress are wet with rain. The background is a soft-focus view of rain falling.

In the end, the love
you get is equal to
the love you give



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People who are successful are prepared to do what they hate, to get to where they want to be. Whereas people who fail will give up their dreams sooner than do what they hate




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**You don't grow old until
you stop growing and
then you become old**

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*When you get to the
top of the mountain
the view's the same*




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All human pain is linked to the
word 'loss'. Replace it with
'let go' or other positives
e.g. I have let go of 10 lbs.

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In life, the only risk is not to
take the risk because every risk
teaches you something



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You were born
loaded with confidence



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*Goals give you
purpose and direction*



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**We are wired to
find connection and
to avoid rejection**

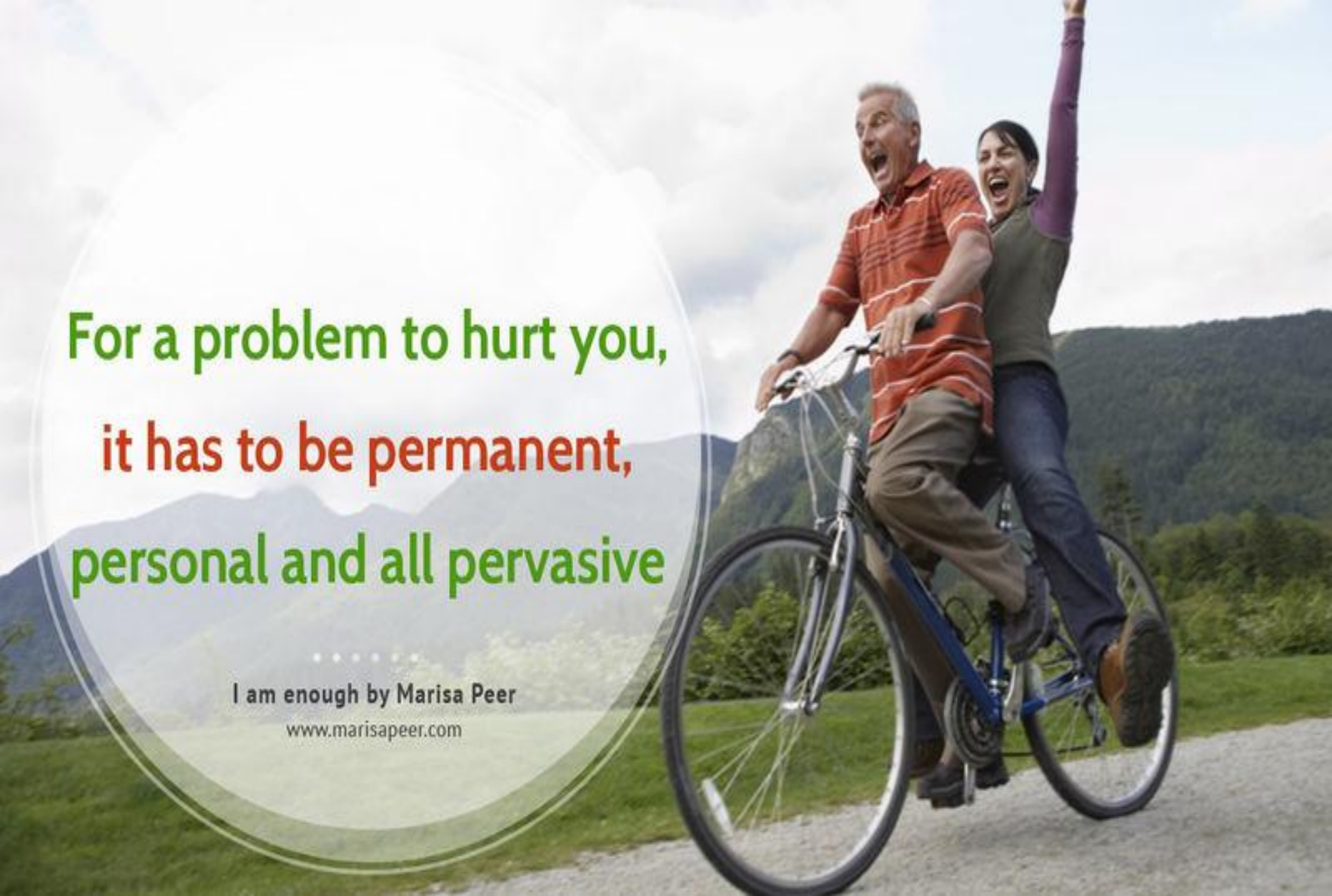


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You are not your body, your weight, your shape,
your size, your bank account, your job description
or your past. You are lovable.




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**For a problem to hurt you,
it has to be permanent,
personal and all pervasive**

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*You can't change a
scene but you can
change what it means*




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**Belief without talent will
take you further than talent
without belief. When you have
both, you are unstoppable.**

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When you make a difference
to one person, your life has
meaning and purpose



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Every client is
a gift



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*Successful people
don't accept no*



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A woman with long brown hair, wearing a red spaghetti-strap dress, is dancing joyfully in the rain. She is holding a silver umbrella with a red handle. Her eyes are closed and she has a wide smile. The background is a soft-focus view of rain falling. The right side of the image has a semi-transparent brown overlay where the text is located.

**Do the dance
until you make the
dance your own**

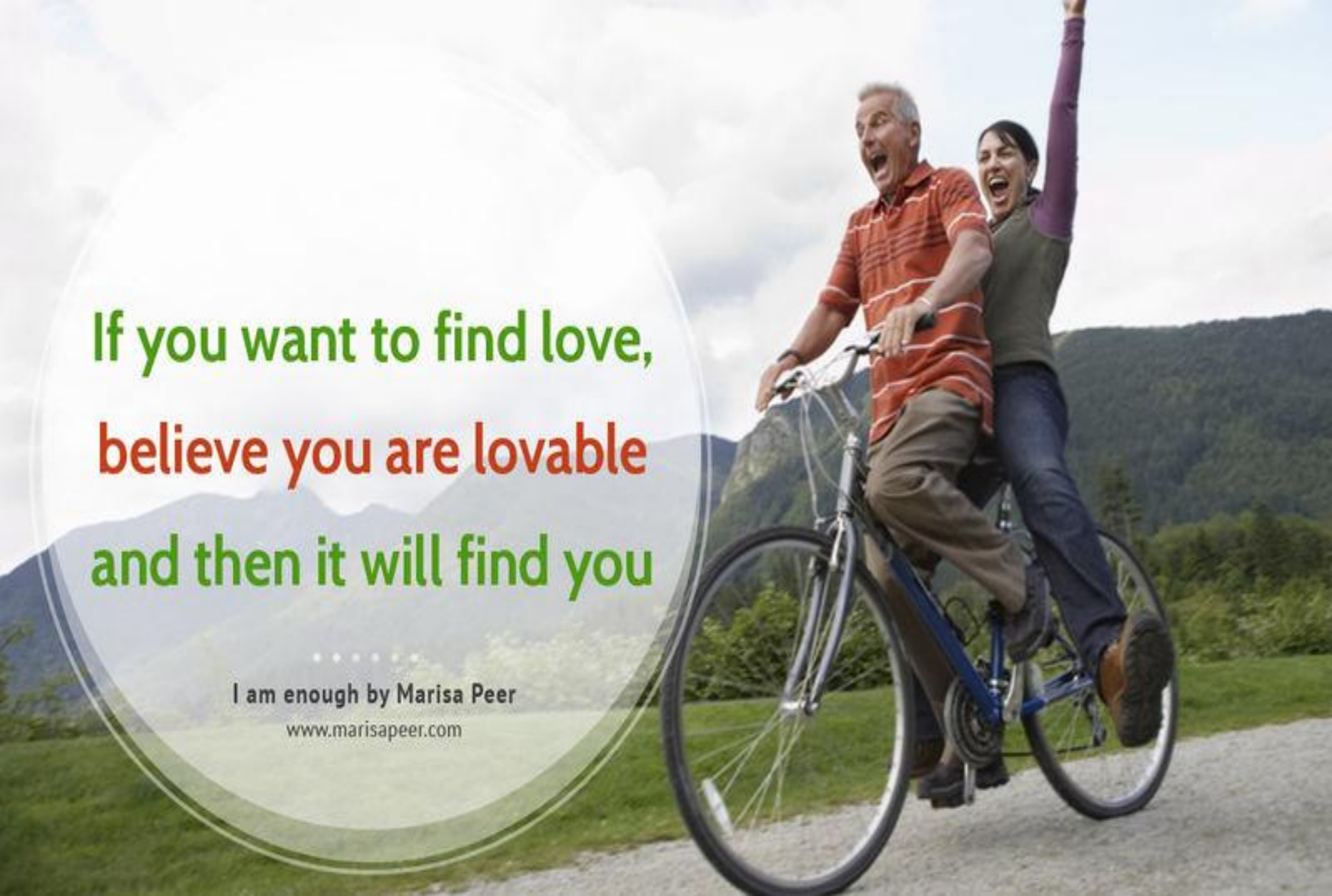


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Great self-esteem is so crucial to our
happy healthy lives. Every day say “I like myself,
I matter, I’m smart & I have phenomenal coping skills.”




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**If you want to find love,
believe you are lovable
and then it will find you**

.....
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*Success is not never
failing, it's how quickly
you get back on track*




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Your potential expands as you
move towards it and as the
mind stretches towards a new
dimension it never goes back

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Addiction is anything that
moves you away from a
bad feeling to a good feeling



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Never doubt the
power of your client



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*You can only be good at
what you love to do*



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A woman with long brown hair, wearing a red spaghetti-strap dress, is smiling and looking upwards. She is holding a silver umbrella over her head. It is raining, and water droplets are visible in the air. The background is a soft, out-of-focus outdoor setting.

**Without confidence
you lose. With
confidence you win.**



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Events do not affect you. The meaning you attach to them will.

The good news is you can change that meaning and interpretation at any time and that change will change your life.




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**Your mind always does
what it believes is in
your very best interest**

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*Forgiveness is never
for the other person,
it's for you*




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A major cause of depression
are harsh, hurtful,
critical words that we say to
ourselves over and over again

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The most important words
you say in your life are
the words you say to yourself



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Do what you love,
love what you do



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*Superior people praise,
inadequate people criticise*



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A woman with long brown hair, wearing a red spaghetti-strap dress, stands in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. The background is a soft-focus view of rain falling. On the right side of the image, there is a semi-transparent circular graphic containing the text.

If you don't believe
in yourself, why
would anybody else?




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First you make your beliefs and then your beliefs
make you and then you go out into the world finding
proof of what you have chosen to believe




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**Your words make your
reality. If you don't like your
reality, change your words**


.....
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*Our fear of being
different makes us all
the same*




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Your mind responds to two
things only: the pictures
you make in your head and
the words you say to yourself

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No one can make you
feel bad about yourself until
you decide to agree with them



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Confidence is
very sexy



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Critics
don't get awards



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A woman with long brown hair, wearing a red spaghetti-strap dress, is standing in the rain. She is holding a light-colored umbrella with a red handle and is smiling while looking upwards. The background is a soft-focus view of rain falling. The overall mood is joyful and positive.

Your feelings about
life determine how
you feel




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To attract love, you don't need to change your looks
or your body. You simply need to know with
unshakeable conviction that you are lovable.




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**The mind cannot hold
conflicting beliefs.
They cancel each other out.**


.....
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*The most important
words in the world are
'let go'*




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To be happy you must
forgive the past, feel happy
about the present and feel
truly excited about the future

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Whatever you want to achieve,
start by believing that
what you want is available to you



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If you believe it's true
you make it true



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*Every risk you take
teaches you something*



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When you say
"I'm choosing to..."
restrictions disappear



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First you make your beliefs, then they make you.

The universe starts to mirror and honour your beliefs so make your beliefs amazing.




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**The most important
collaboration is between
you and your mind**

.....
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*Success doesn't appear
in your life, you have to
go out and make it*




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I am enough. I always have been
enough. I will always
will be enough and as I know
that so does everyone else.

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To have inner peace you should
be able to express hurt, as close
to the event as possible



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Nothing builds self-esteem
like self-praise



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*The only risk in life is
not to take the risk*



I am enough by Marisa Peer
www.marisapeer.com



When you repress
something it starts
to motivate you

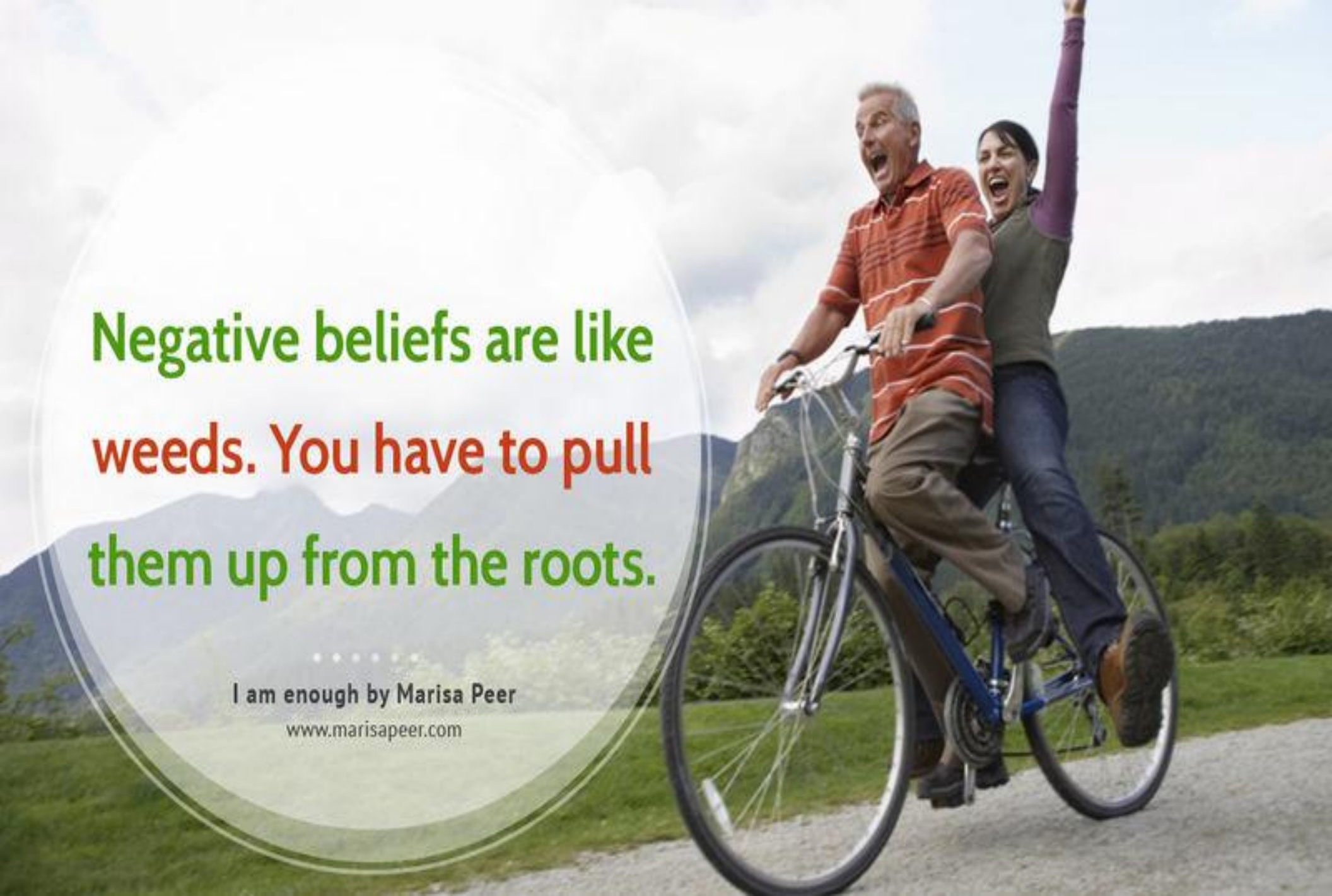


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www.marisapeer.com

The greatest fear in the world is not the fear of dying,
it is the fear of being judged - but since the only person
who can judge you is you, you can be free of that fear




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**Negative beliefs are like
weeds. You have to pull
them up from the roots.**

.....
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*The lift to success may be
out of order but the stairs
are always working*




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www.marisapeer.com

**Anger does the most
damage when repressed.
Anger isn't bad unless it's kept
in so much that it erupts.**

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When you do what you love,
you have purpose. When you share it
with others, you have meaning



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The mind learns by repetition



MARISA PEER

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*Failing to try is the same
as trying to fail*



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A woman with long brown hair, wearing a red spaghetti-strap dress, is smiling and looking upwards. She is holding a silver umbrella over her head. It is raining, and water droplets are visible in the air. The background is a soft, out-of-focus outdoor setting.

I've chosen to do
this and I've chosen
to feel great about it




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Lie, cheat, steal - lie to your
brain, cheat your fear,
steal back the incredible
confidence you were born with

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You need to move the brain away
from the familiar and make
what's unfamiliar, familiar



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**We are all here to find out
what our gift is and to become
amazing at that gift**

.....
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Each person is a gift.

You learn everything

from them.



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We don't relive events
We review them




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A feeling will
continue until it no
longer needs to be felt




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**We come onto the planet
with two powerful needs:
We must find connection.
We must avoid rejection.**

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www.marisapeer.com



Nobody can reject you unless
you give them your permission to
and you never have to do that



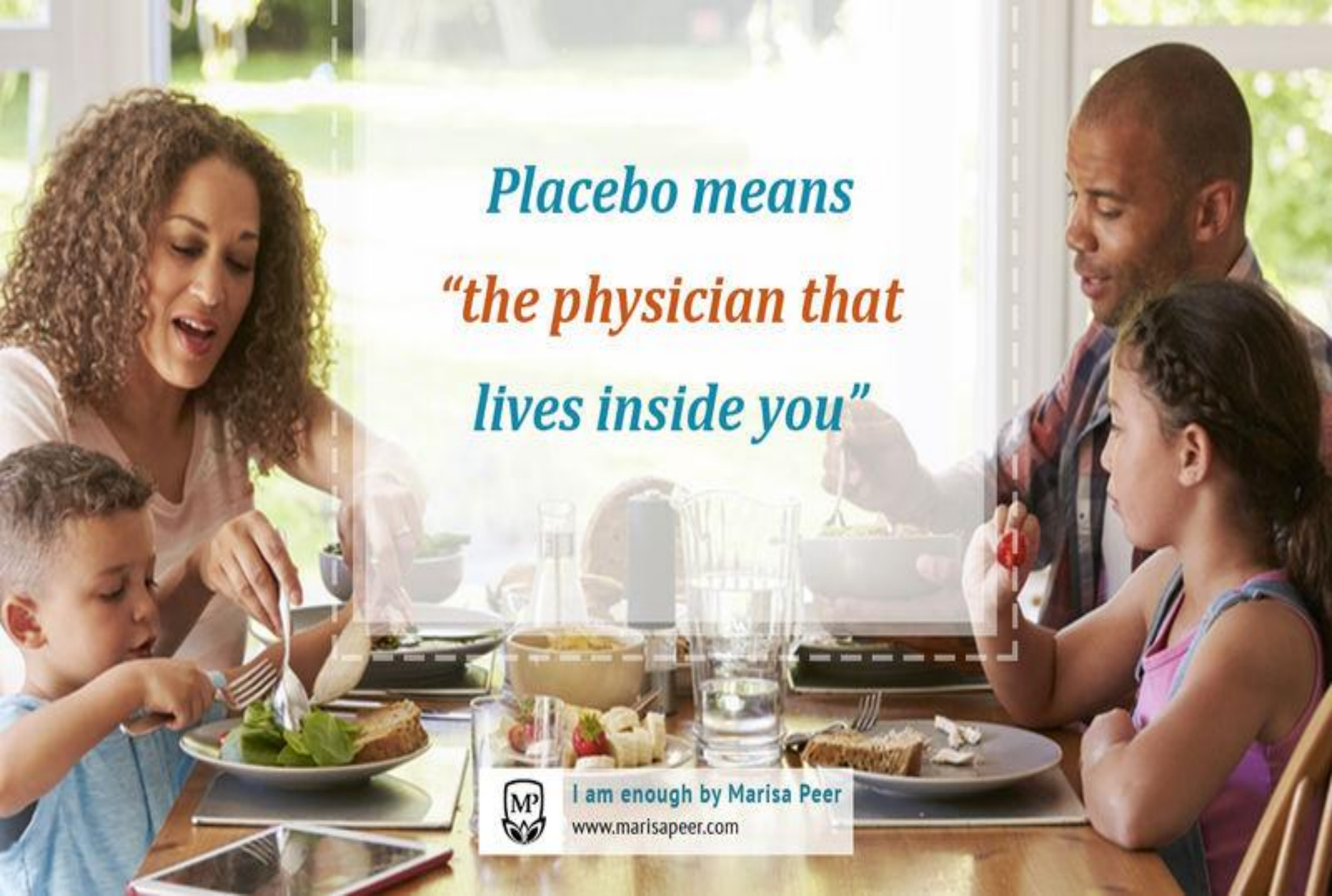
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**When you're aware of and
in touch with your feelings
you are more evolved**

.....
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Placebo means
“the physician that
lives inside you”



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