

INCREASE YOUR DOSE™!

Four Points of Focus to Help Design a Life Worth Smiling About

www.ThePowerProgram.com



D: DOPAMINE = DREAMS.

When you are in the pursuit of BIG DREAMS or goals – that's when you are producing your highest level of dopamine. In fact, studies show that when you achieve a goal, your levels return to normal. So it is the anticipation of the dream, not the realization that creates the energy.



O: OXYTOCIN = OTHERS.

Oxytocin is called the Love chemical. It is in our DNA (our third chromosome) to be connected to other people. When we feel that sense of belonging, trust, connectivity, and happiness, we produce more of this joy-inducing chemical.

S: SEROTONIN = SUCCESS.

When you get to the point of skill mastery in your business, your serotonin increases, and leaves you with a sense of well being. You'll feel more confident, competent, and calm as you continue to master your skills.



ENDORPHINS = ENTHUSIASM.

When you're passionate about what you are doing your endorphins go up. This chemical relates to pain reduction – even in sales. When you increase your endorphins levels, you can push through stress or pain of calling FSBOs and expireds for example. The key is to act as if what you want already is, it's a sure thing. It just hasn't happened yet.

