

M.A.P.S SUMMIT

MINDSET Workbook

www.teenrockstarentrepreneur.com



It might sound far out, and you probably don't want to hear this, but you can achieve happiness by just being disciplined.

We live in a society that teaches that we should only follow our bliss, do what makes us feel good. It teaches us to waver responsibility because making plans when we might not know how we feel is too much to ask.

That is living a life lead by our emotions, which equally equates to disaster. By doing what makes us uncomfortable and pushing past our known boundaries is how we develop self, emotional control, and develop true self esteem. Follow the link below for a page full of resources to help your family develop a "Ninja Mindset!"

[Freebies Page](#)