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# MINDSET RESET™

LIVE  
WITH  
PRUDENCE GENSMAN



Time to break through the barriers of belief!

## MindSet ReSet LIVE with Prudence Gensman

### Archives Available

December 01st 2015: Choose Your Story

Each morning we awaken to the possibility of a new day. We start by immediately choosing the thoughts and stories that are running through our minds. Are these thoughts though congruent with the life you desire?

So how can we change this? How do we explore what we want in life and implement them in our day to day? How do we tackle major challenges in life? What story do we tell about ourselves the moment we meet someone new?

Together we will answer these questions as well as explore the area of life that call our attention. As we shift our thinking in each area, we allow ourse

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