



I. Intro of Mental Health Mastery

II. What does creating a Mental Edge mean to you?

III. The Paradox's of the Brain

IV. The BIGGEST TRUTH & the 3 Secrets to creating a Mental Edge (aka: The Subconscious Hail Mary)

V. The “Setback”: The Amygdala Hijack

A. Secret #1:

B. What is the The Amygdala Hijack?

C. Understanding the Map of Consciousness

D. Understanding the BLOCK from emotions and it's influence Changing thoughts.

E.The TOOL:



VI. The “Set-up”: It’s more than the Law of Attraction

- A. Secret #2:
- B. MIND/BODY/SOUL Influence...but it also CRAVES...
- C. Optimal Mental Edge= Consistent High Performance
- D. The TOOL:

VII. The “Influencer”

- A. Secret #3:
- B. ARE YOU BEING A FAKE or the making the IMPACT you were meant to?
- C. The Greatest Form of Self-Betrayal is...
- D. The TOOL:

VIII. NOW YOU HAVE A CHOICE...

QUESTIONS/Continued Support

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