

CARLTON WILBORN

I AM EMPOWERED

3 Key Tips

Make Your Mind An Asset!

Is your mind nurturing or killing your success?

Marinate on these areas where you really need to be on 'mind' watch:

- Stay in present-time as you deal with your relationships
- Keep your focus on the healing you intend to experience
- Accept that you are worthy of promotion
- Face your finances boldly

Master The All Mighty Tongue!

How serving is your speak?

These few ideas will help you beautify your speaking:

- Keep clear of gossip
- Be a solution speaker
- Give a compliment
- Offer up a kind word

Keep Your Integrity Intact!

Is your integrity the glue for success?

If your integrity's been off, put these in place now:

- Make amends to those you have wronged so you can soar
- Forgive yourself for your 'mis-takes' and continue forward rightly
- Keep your body right-and-tight for your intended journey
- Honor the friends that have served you with a gratitude call today