



Milan's New Core Values, Beliefs & Resolutions from 2005

Rules for Frustration:

The only time I indulge & allow myself to feel Frustration is if I consistently fail to heed my playful nature and my self-knowledge of my beauty and freedom

PRACTICE UNCONDITIONAL ACCEPTANCE 😊😊😊

Rules for Anger:

The only time I will indulge in Anger is when I forget that I am free & powerful. I have to forget that feeling forgiveness comes from forgiving

PRACTICE UNCONDITIONAL FORGIVENESS 😊😊😊

I HAVE ALL THE MONEY AND RESOURCES I NEED TO SUCCEED

I HAVE A MILLIONAIRE MINDSET

STEPS TO MAKE CHANGE

1. DECIDE
2. DO YOUR CHANGE WORK
3. TAKE IMMEDIATE ACTION-BOUNDRIES
4. FOCUS FOCUS FOCUS ON WHAT YOU WANT
5. IMITATE EXCELLENCE, EXPERIMENT & BE CURIOUS
6. CREATE A SUPPORTIVE ENVIRONMENT & ENJOY 😊😊😊

**UNCONDITIONAL LOVE
UNCONDITIONAL ACCEPTANCE
UNCONDITIONAL FORGIVENESS**