



Hailed by business leaders coast to coast, **Managing Thought**® is a relevant, interactive workshop and provides a step-by-step process to turn habitual, counterproductive thinking into creative thinking and inspired action. Learn how to:

- Become aware of your thoughts
- Know whether a thought is working for you or against you
- Eliminate thoughts that waste time, energy, and money
- Make subtle changes in how you think to reignite your creativity, restore your sense of purpose, reclaim your peace of mind, and achieve significant results



Mary J. Lore
Internationally recognized thought leader, executive mentor, and award-winning author

"Lore takes the power of positive thinking to a completely new level. I learned that I actually have a choice and can control my thoughts versus being controlled by them—I find that to be incredibly powerful!"

Gordon Krater, CPA

Managing Partner, Plants & Moran, PLLC

One of Fortune's "100 Best Companies to Work For" for 10 Years Running

"Managing Thought is to this century what How to Win Friends & Influence People and The 7 Habits of Highly Effective People were to the last century."

Barbara G. Stanbridge

Change Management Expert

Former President, National Association of Women Business Owners

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MANAGING THOUGHT

LIVE WORKSHOP 2-DVD SET

MARY J. LORE



2 Disc Set Includes the Complete 3-Hour Workshop on DVD
Filmed Live at the First Stop on Mary's Workshop and Book Signing Tour

MANAGING THOUGHT

2-DVD SET — LIVE WORKSHOP

with

MARY J. LORE

Based on the Multi-Award-Winning Book and Audio Book **Managing Thought**



Facilitation Guidance for the 3-Hour Workshop DVD
Filmed Live at the First Stop on Mary's Workshop and Book Signing Tour

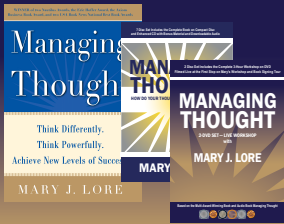
MANAGING THOUGHT

2-DVD SET – LIVE WORKSHOP
with

MARY J. LORE

Based on the Multi-Award-Winning Book and Audio Book *Managing Thought*





MANAGING THOUGHT®

HOW DO YOUR THOUGHTS RULE YOUR WORLD?®

Welcome to the Managing Thought: How Do Your Thoughts Rule Your World Live Workshop DVD.

I have prepared the DVD so you can choose the approach to watching that best suits you. For example, you can watch the entire 3-hour workshop in one or two sittings, then choose a specific topic to focus on that resonates with you.

You can watch a few scenes a day, a week, or a month, and play with what you have learned. Below is a table listing the topic, number of minutes, and location of each scene so you can plan accordingly.

Before You Start

1. The handouts for the workshop

It's not necessary that you print the handouts. They are shown on the screen at the appropriate times. You can hit the pause button to read and print them.

2. Take the self-assessment at <http://www.managingthought.com>

Before I embark on a learning experience, I find it helpful to take an assessment of where I am right now. Along the way, I measure, acknowledge, and celebrate the changes I have made and chart my next steps. For this reason, I developed an assessment for you to measure how you are managing your thoughts right now. If you like, you can take the assessment before you start the workshop, after you have finished the workshop and periodically in the future as you continue to practice changing the way you think. The assessment is simple and straightforward, and takes about ten minutes. When you are finished, you can print a report and store your results. When you re-take the assessment, you can do side-by-side comparisons to see just how much you have changed. If you like, we can remind you to come back to see how you are doing and choose what you want to practice next.

3. Before you begin the workshop, take a moment to calm yourself and open yourself to your higher awareness.

Take a few deep breaths, relax your neck, massage your scalp, rub your ears, loosen your clothing, smile, stretch... It's nice to be in a room with windows, or pictures of the outdoors, and lots of light.

Based on the Multi-Award-Winning Book and Audio Book Managing Thought



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Toys

It's great to have toys at your table. We are able to learn and process deeply when we play. Slinky toys, squeeze balls, koosh balls, play dough, rubics cubes, dream sticks, yo yos, Silly Putty, paper with colored pens all work great.

About the Exercises

There are several exercises that range from 30 seconds to 2 minutes long. We kept the cameras rolling during the exercises and you can hear me ring a bell when it's time to stop. If you like, you can skip to the next scene when we discuss what participants discovered during the exercise.

In the workshop, the exercises are done with partners. If you're watching this DVD alone, please know it's not necessary that you have a partner to do the exercises.

You may be tempted to skip the exercises. If so, thank your brain for sharing, and DO the exercise anyway. It is incredibly helpful for you to experience what happens during the exercise. Although the experiences of others can be illuminating, they cannot replace your own experience. The more openly and freely you experiment with what is offered in this book, the more you gain.

Questions

There are lots of resources at www.managingthought.com, including the book and audio book, the self-assessments, audio and video podcasts and Forward Thinking reminders.

Use the Contact Us page on our web site to schedule a live keynote or workshop or audio/video conference question/answer session, or inquire about individual/group coaching and special quantity discounts on books and DVDs.

It is my honor and pleasure to help you become aware of your thoughts, discover what you truly want in work and in life, change your thoughts and turn what is significant to you into reality.

I hope you enjoy the book and the workshop and refer to them as a trusted guide and mentor for years to come.

Mary

Mary J. Lore

MANAGING THOUGHT
Founder and President



MANAGING THOUGHT®

HOW DO YOUR THOUGHTS RULE YOUR WORLD?®

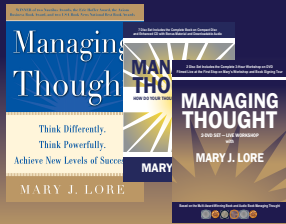
Disc 1 Scene Selection

- 1 Take a Guess: How Many Thoughts Do We Have Each Day? (2 mins)
- 2 How Do Your Thoughts Rule Your World? (4 mins)
- 3 What We Can Expect from this Workshop (3 mins)
- 4 Our Thoughts Drive Our Actions and Our Behavior (4 mins)
- 5 About the Think Tank and the Toys (2 mins)
- 6 Tell Your Brain, “Thank You for Sharing” (2 mins)
- 7 Exercise – Thoughts Not Working (4 mins)
- 8 Sharing – Thoughts Not Working (7 mins)
- 9 Is a Thought Working? Using Feelings as Key Indicators (5 mins)
- 10 Thoughts that work (9 mins)
- 11 But vs. And (8 mins)
- 12 You vs. I (9 mins)
- 13 Should, Have to, Must, Would and Do (3 mins)
- 14 Inspiration vs. Motivation and Recap of First Hour (4 mins)

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MANAGING THOUGHT®

HOW DO YOUR THOUGHTS RULE YOUR WORLD?®

Disc 2 Scene Selection

- 1 Key Messages (1 min)
- 2 Exercise – Pointing at Objects (3 mins)
- 3 Discussion – Pointing at Objects – Looking at Our Thoughts (5 mins)
- 4 We Are Not Our Brains. We Are Not Our Thoughts. (9 mins)
- 5 What I Focus on Creates My Reality (14 mins)
- 6 The Significance of Vision and Purpose and Focusing on What We Want (9 mins)
- 7 Fight, Flight, or Freeze (11 mins)
- 8 The Do-Over and Thinking Powerfully (12 mins)
- 9 Tying It All Together and Discussion of Reference Materials (8 mins)
- 10 Putting It Into Practice (7 mins)
- 11 Staying in the Moment and Acknowledging Progress (6 mins)
- 12 It is a Journey, A Continuous Process (4 mins)
- 13 Special Thanks and Credits (2 mins)

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MANAGING THOUGHT

2-DVD SET — LIVE WORKSHOP WITH MARY J. LORE

Your Feedback is Appreciated



Mary J. Lore
Internationally recognized
thought leader,
executive mentor, and
award-winning author

Hello!

Being of highest and best service is my intention so please let me know your suggestions, concerns, and, of course, your challenges and success stories.

Your honest feedback and thoughtful input is valuable and very much appreciated.

Visit ManagingThought.com and Use the Contact Us Selection to:

- Let us know what you think about this DVD and workshop
- Request information on purchasing this Managing Thought: 2-DVD Set — Live Workshop for educational or public purposes
- Schedule a live keynote or workshop or audio/video conference question/answer session
- Inquire about individual/group coaching and special quantity discounts on books and DVDs

I hope you enjoy the Managing Thought book and the workshop DVD and refer to them often as a trusted guide and mentor for years to come.

May your thoughts bring you peace and inspire you.

Mary

It's helpful to see what other people - from all walks of life - have chosen to practice and how practicing just one thing from Managing Thought can make such a big difference in our lives and circumstances. When we read, share and celebrate our success, no matter how small, we become inspired. This provides the impetus to expand to our next level of thinking and ignites our creativity and ability to put it into practice. How has Managing Thought impacted your life?

We invite you to visit ManagingThought.com, click on Testimonials and Success Stories in the menu bar, and share with us.

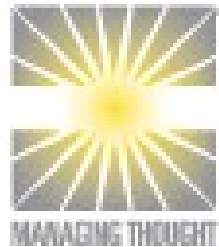


Managing Thought: 2-DVD Set — Live Workshop with Mary J. Lore

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SUMMARY: Managing Thought provides the tools and a step-by-step process for individuals to become aware of their thoughts, discover what they truly want, in work and life, change their thoughts, and turn what is significant to them into reality.

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