



POSSIBILITY BECOMES REALITY

YOUR WAY OF
THINKING CREATES
YOUR RESULTS



You continue
resuscitating your
old visions



WHAT YOU THINK
CREATES YOUR
FEELINGS

The background features abstract, colorful, swirling lines in the corners. The top-left corner has magenta and purple lines. The bottom-left corner has pink and blue lines. The right side of the image is decorated with a dense cluster of multi-colored lines (yellow, orange, red, green, blue) and some teal lines at the bottom right.

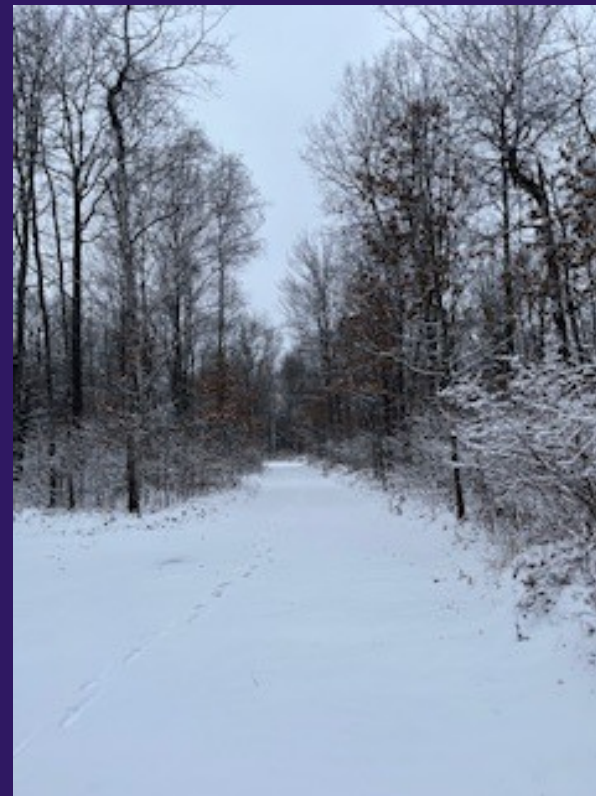
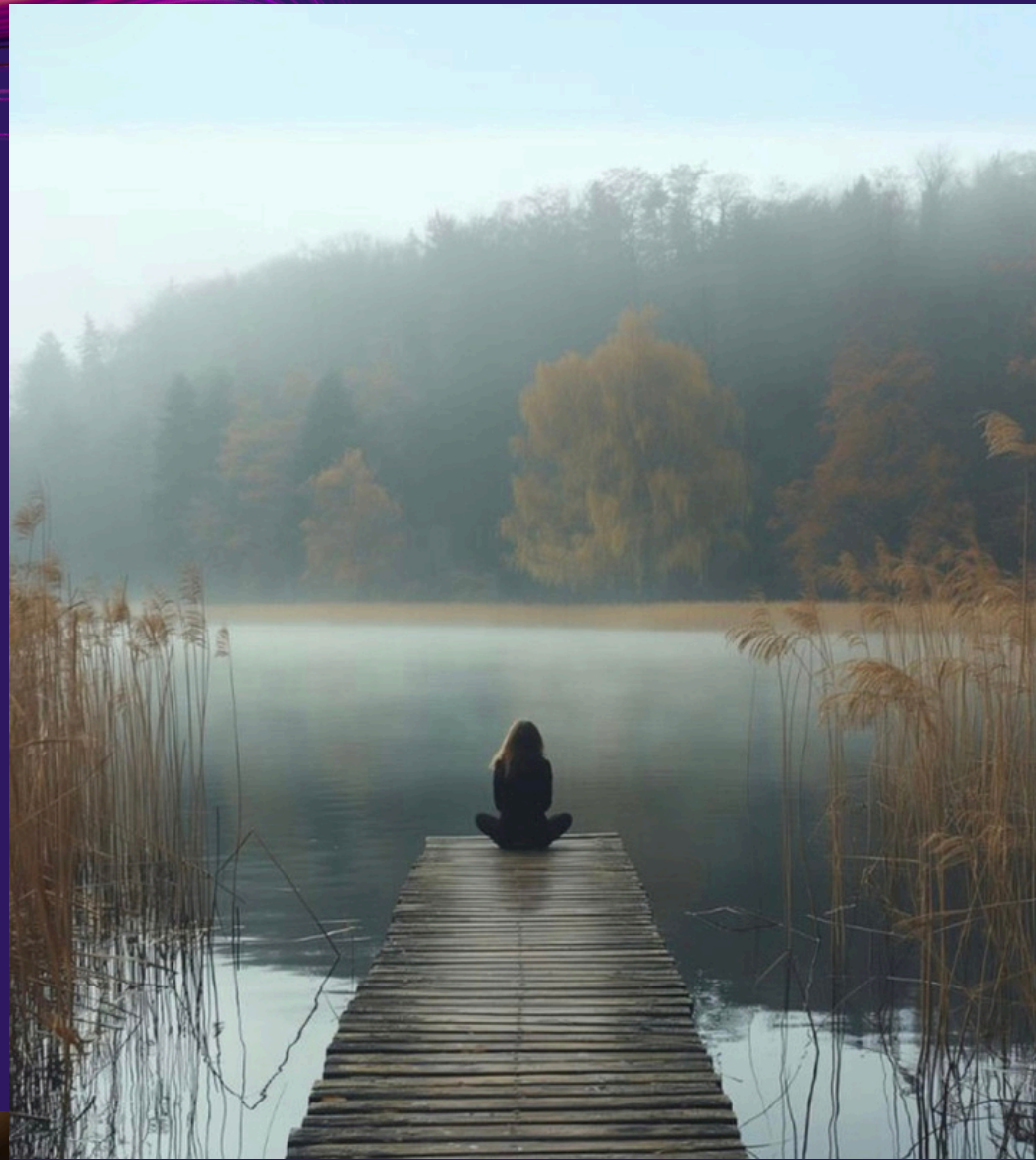
Vision gets clouded by limiting beliefs.... the saboteurs of your dreams

**ACTIONS ARE TO
FEEL OR AVOID
FEELING A CERTAIN
WAY**

The image features a central dark blue rectangle with white text. The corners of the image are decorated with intricate, multi-colored line art that resembles tangled threads or abstract hair, in shades of pink, purple, blue, and green. The text is centered within the blue rectangle.

**Your lived experience
is unique Commit to
shifting a limiting
belief**

**WHAT YOU THINK
CREATES YOUR
FEELINGS**



**What is a
belief?**

**A thought
you
continue
to think**

**At the surface
of your brain
or deeper**

What is a feeling?

1

A vibration in your body

2

Moves faster than cognition

3

Lasts 20 seconds

Anger

Rights violated

Sad

Loss of self

Guilt

**Violate another's
rights**

Fear

Threat

Shame

Comparison

Desire

Appreciation

Drive

Belonging

Joy

Possibility

Enough

Helping

Focus

Confidence

Actions bring life alive

HOW YOU GET THERE
IS HOW YOU WILL BE
THERE





Andrea Romer

Helping Healthcare Professionals Thrive
Without Burnout | Empowering Healthc...



Select a Date & Time - Calendly

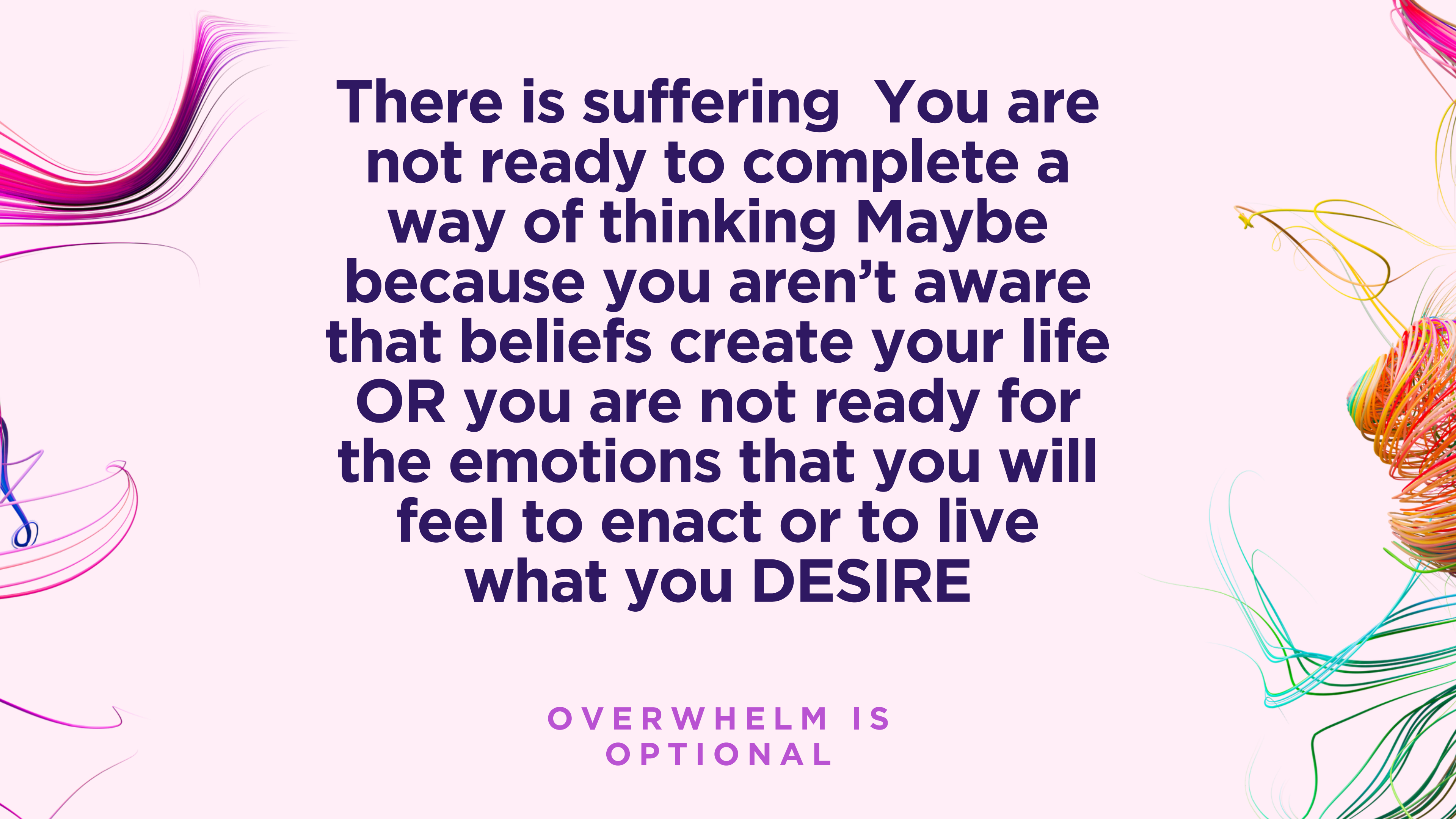
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Work-life balance in healthcare

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Here's how to connect with ARC

The image features a light pink background with abstract, colorful, swirling lines in the corners. The top-left corner has lines in shades of purple and pink. The bottom-left corner has lines in shades of pink and blue. The right side of the image is decorated with a dense cluster of multi-colored lines (yellow, orange, red, green, blue) and a few loose lines extending from the top-right and bottom-right corners.

**There is suffering You are
not ready to complete a
way of thinking Maybe
because you aren't aware
that beliefs create your life
OR you are not ready for
the emotions that you will
feel to enact or to live
what you DESIRE**

**OVERWHELM IS
OPTIONAL**

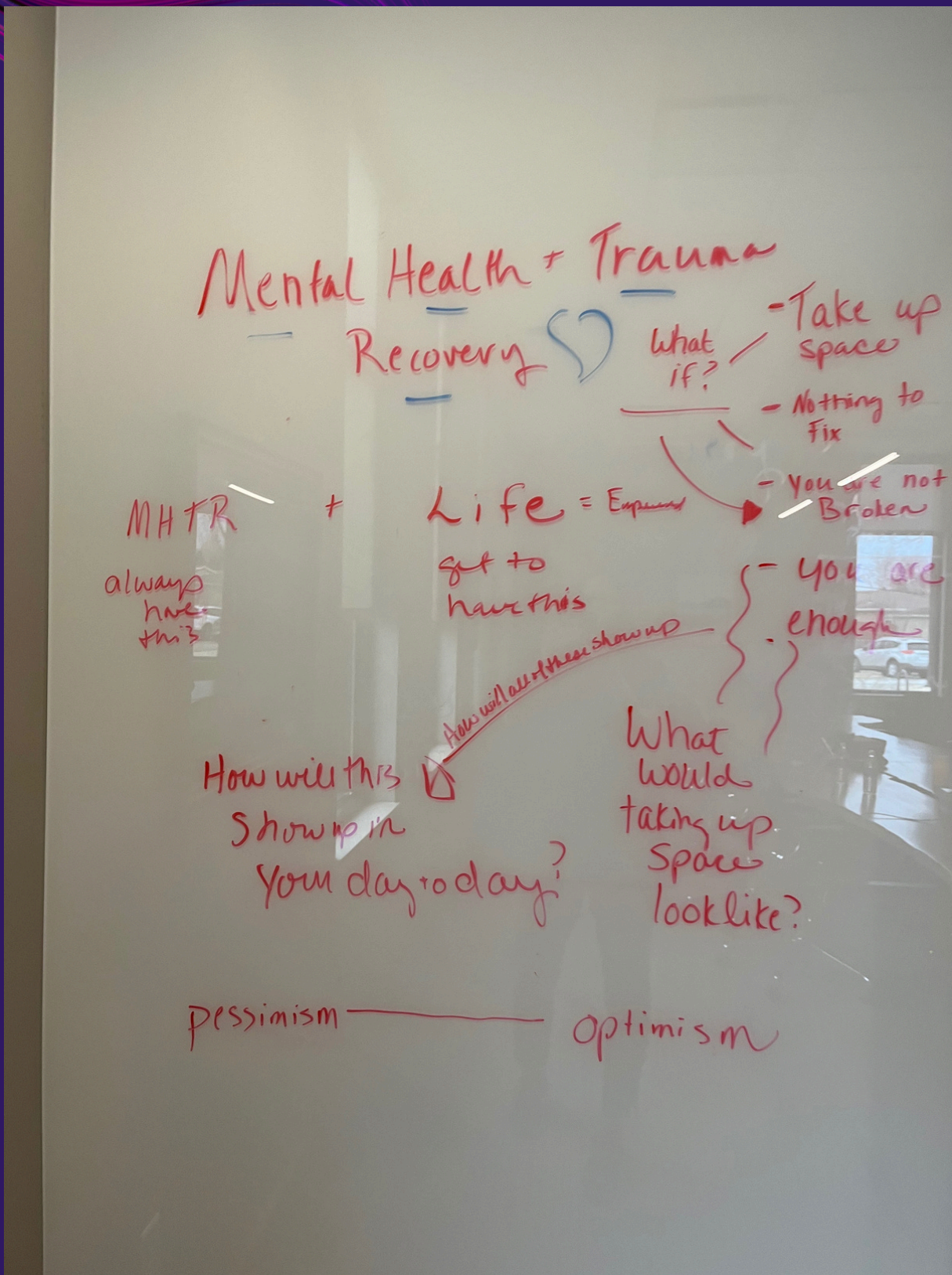


**What belief can you let
die-stop cpr on- so that a
new belief can be born or
can have space to grow**



**OVERWHELM
IS OPTIONAL**





Culture Change

The image features a dark blue rectangular background with white text. In the corners of the image, outside the blue rectangle, there are intricate, colorful line drawings. These drawings consist of many thin, overlapping lines in shades of pink, purple, blue, and green, creating a sense of movement and complexity. The lines are most dense in the bottom-left and top-right corners, with some extending towards the center of the image.

**What do you believe is
IMPOSSIBLE for you?**

**How much on a scale
1-10 could that be
possible?**

1

Self Concept

Overall perception one has of themselves

2

Feelings

Vibration in the body that happens when we have a thought

5

Time Finding

The extra time we have when we are not trying to change others experience

**You use all your brain—
the power is in
using it on
purpose.**

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06

3

The Manual

The personal rules we want the world to operate

4

Relationships

How we think about people or things in our lives

6

Massive Action

Taking intentional action until we reach desired result

The background is a solid dark purple. In the four corners, there are abstract, swirling patterns of thin, multi-colored lines. These lines are in various colors including pink, red, orange, yellow, green, and blue, creating a dynamic and artistic frame around the central text.

**Let your beliefs
be your
confidante**

If there is no adversity....only limiting beliefs

- 1 What are you thinking now?
- 2 How will you put into action what you have heard here?
- 3 How will you start thinking as your future self now?

The background is a solid dark blue. In the four corners, there are abstract, colorful line art designs. These designs consist of numerous thin, overlapping lines in various colors including pink, purple, orange, yellow, and green, creating a sense of movement and energy. The lines are most dense in the corners and fade towards the center.

THANK YOU!