

# MIKE SULLIVAN

## The Three Keys to Overcoming Anxiety & Depression: Helping Students Thrive in School and in Life

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Mike Sullivan was bullied in Middle School and High School to the point of developing crippling anxiety and overwhelming depression. Thankfully he discovered the Three Keys to Overcoming Anxiety & Depression and now teaches Students all over the country how they can get through their Anxiety and Depression and Thrive.

“Our students love his program” —Megan Porter,  
Culver High School

### LEARNING OUTCOMES INCLUDE:

- ✓ The importance of loving yourself.
- ✓ The value of facing your fears.
- ✓ The benefits of living in the moment.
- ✓ Improved self-confidence and self-esteem.
- ✓ Decreased anxiety and depression.
- ✓ How to obtain inner peace among chaos.
- ✓ Becoming the best version of yourself.



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Born To Shine

Born To Shine







# Uncle of the Year



Some  
of my best  
friends  
are SONGS.

# MY BRAIN:

5% - names,

3% - phone numbers,

2% - stuff I should know for school,

90% - song lyrics

Music  
can change  
the world.  
Beethoven

"When words fail,  
music speaks."

~SHAKESPEARE

@quotes2share211

Good Life Quotes @quotes2share211 · 6 Dec 2017

"When words fail, music speaks." ~Shakespeare #MusicElixir



Overcoming  
Anxiety and  
Depression


Recharge

Your Inner Light

With Three Steps

Love Yourself

Change  
the way  
you talk  
to yourself



**THE WAY WE TALK TO  
OURSELVES IS HOW WE  
BECOME OURSELVES.**  
—MIKE SULLIVAN

Thoughts control words

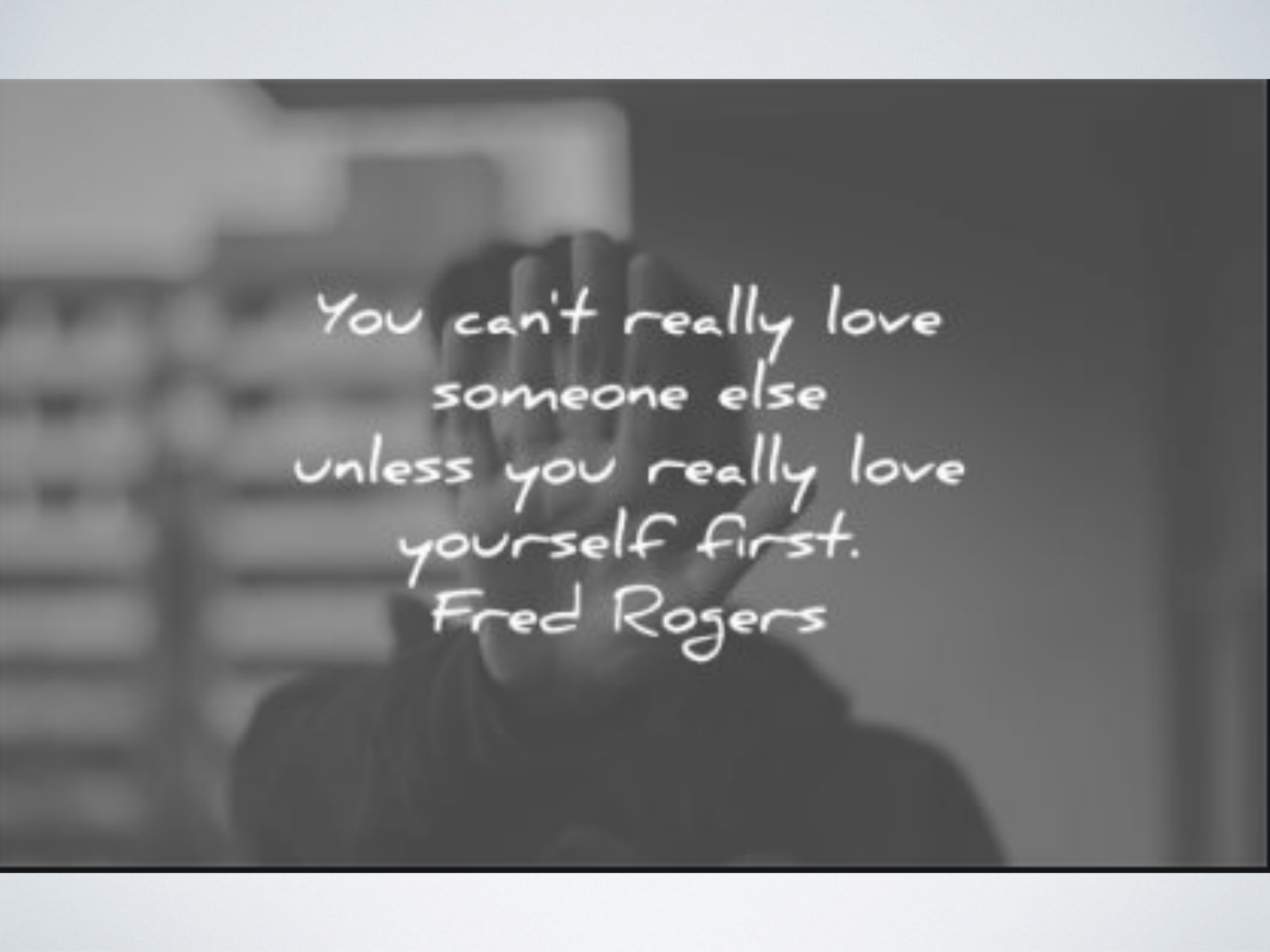
Words control emotions

Emotions control actions

Actions control outcomes



LOVE  
YOURSELF  
INSTEAD OF  
LOVING THE  
IDEA OF  
bulkquotesnow.com  
OTHER PEOPLE  
LOVING YOU.

A blurry, black and white photograph of a person's hand raised in a gesture, possibly a peace sign or a similar hand signal. The background is out of focus, showing what appears to be a window or a bright light source. The text is overlaid on the image in a white, handwritten-style font.

You can't really love  
someone else  
unless you really love  
yourself first.  
Fred Rogers

**“LOVING  
YOURSELF  
ISN'T VANITY.  
IT IS  
SANITY.”**

**- KATRINA MAYER**  
[ITSALLYOUBOO.COM](http://ITSALLYOUBOO.COM)

A woman with long, wavy brown hair is looking down, her face partially obscured by the text. She is wearing a dark, textured sweater. The background is a dark, starry night sky with some blurred greenery on the left side.

**HOW YOU LOVE  
YOURSELF IS  
HOW YOU TEACH  
OTHERS  
TO LOVE YOU**

Rupi Kaur

Accept  
Yourself







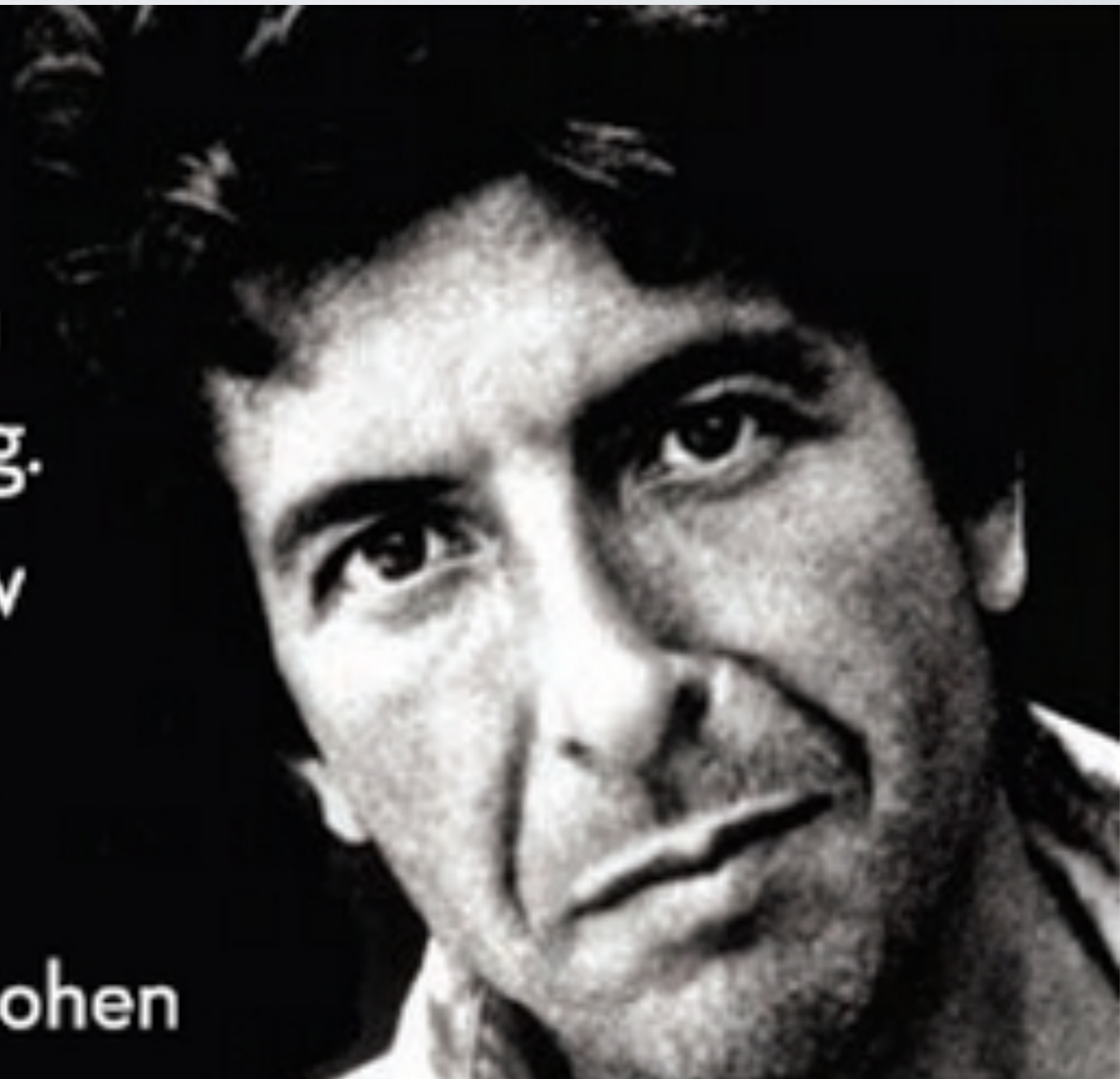
# Kintsugi



Kintsugi, also known as Kintsukuroi, is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum, a method similar to the maki-e technique. [Wikipedia](#)

“There is  
a crack in  
everything.  
That's how  
the light  
gets in.”

-Leonard Cohen



To be beautiful means to be yourself.  
You don't need to be accepted by  
others. You need to accept yourself.

~ Thich Nhat Hanh





The moment  
you accept yourself,  
you become beautiful.  
Osho

Forgive  
Yourself


I'm not  
perfect.  
I'm original.

[curiano.com](http://curiano.com)

**Forgiveness wipes  
the slate clean so  
that other things  
can come in**

**Louise Hay**



A wooden pier with a metal railing extends from the foreground into the ocean. The sun is low on the horizon, creating a bright, hazy glow that fills the sky and reflects on the water. The sky is a mix of orange, yellow, and blue, with some clouds. The water is a deep blue. The pier is made of wooden planks and has a metal railing with vertical posts and horizontal rails. The sun is a bright, glowing orb on the horizon, creating a lens flare effect. The overall mood is peaceful and contemplative.

Forgive others, not because they  
deserve forgiveness, but because  
**you deserve peace.**

Lessons  
LEARNED  
Life

FORGIVENESS DOESN'T  
EXCUSE THEIR BEHAVIOR.

FORGIVENESS PREVENTS  
THEIR BEHAVIOR FROM  
DESTROYING YOUR HEART.

#BEYONDORDINARY

"FORGIVING IS NOT  
FORGETTING.

IT'S LETTING GO OF THE  
HURT."

~ The Fresh Quotes ~



"When words fail,  
music speaks."

~SHAKESPEARE

@quotes2share211

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"When words fail, music speaks." ~Shakespeare #MusicElixir



Today

Im gonna

Love

Myself

Facing Our Fears



***Fear** is the path to the dark side. Fear leads to **anger**. Anger leads to **hate**. Hate leads to **suffering**.*

- Yoda

Goalcast

Follow  
Your  
Body

Change Your Physical State  
with  
Your 'Fear Buster' Move

If You're In Your Head  
You're DEAD

# Five Second Rule

5-4-3-2-1

Mel Robbins



**DO OR  
DO NOT.  
THERE IS  
NO TRY.**

A black and white photograph showing the lower half of a person running on a track. The person's legs are in motion, and their feet are wearing sneakers. The track has white lane markings. The text is overlaid on the image.

**ACTION CURES FEAR,  
INACTION CREATES TERROR.**  
DOUGLAS HORTON

The background of the image shows two people in silhouette climbing a dark, rocky mountain. They are positioned on the right side of the frame, with one person slightly higher than the other, both leaning forward as they ascend. The sky is a mix of dark and light yellow, suggesting a sunset or sunrise. The text is overlaid on the left and center of the image.

THINKING WILL  
NOT OVERCOME  
FEAR, BUT ACTION  
WILL.

---

W. Clement Stone



**NEVER LET THE FEAR  
OF STRIKING OUT  
GET IN YOUR WAY.**

**BABE RUTH**

Fear is the only thing in the world  
that get smaller  
when you run towards it.

Tiamo

Whatever you're most afraid of doing  
Is the thing you're most meant to do.

Tiamo

"When words fail,  
music speaks."

~SHAKESPEARE

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It's Time to be  
The Best  
Version of Me

Master The Moment

(Inhale) I calm my Mind

(Exhale) I calm my Body

(Inhale) Present Moment

(Exhale) Wonderful Moment

'Being Peace'

Thich Nhat Hnan

Inhale - 1-2-3-4

Hold your breath - 1-2-3-4

Exhale - 1-2-3-4

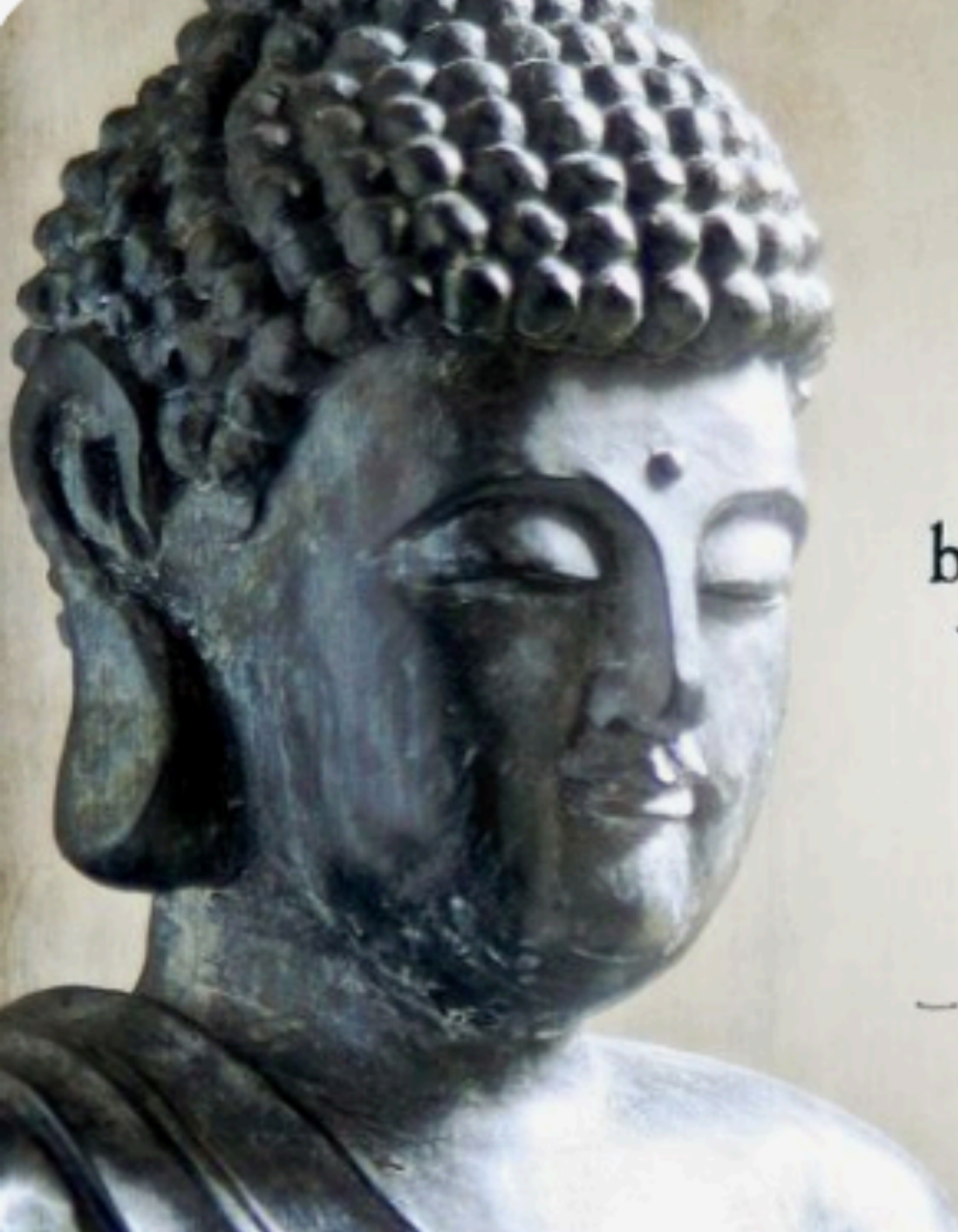
Hold your breath - 1-2-3-4

Navy Seal

box-breathing technique

**"do not dwell in the past,  
do not dream of the future,  
concentrate the mind on  
the present moment." - buddha**





We do not heal  
the past  
by dwelling there.  
We heal the past  
by living  
in the present.

— Marianne Williamson



Feelings  
are just  
visitors.  
Let them  
come  
and go.

Mooji

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music speaks."

~SHAKESPEARE

@quotes2share211

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Days like these I'm beautiful

Days like these I'm powerful

Days like these I'm grateful

Days like these I'm unstoppable

YOUNG  
are  
Beautiful!



You Were  
Born To SHINE

Born 2 Shine  
club

# Born 2 Shine club

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[FREE STUFF](#)

YOU WERE  
BORN 2 SHINE

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## Support Songs

Mike Sullivan

[DOWNLOAD](#)[SHARE](#)

These Support Songs were made for YOU to Eliminate your Inner-Critic, Build endless Courage, and Master the Moment. I've also included the full length songs and a few bonus songs that are all meant to lift you up and remind you that you were Born To SHINE

Respectfully, Mike



## Love Yourself

Mike Sullivan



0:00 / 4:19

1 Love Yourself 4:19

[FREE](#)

2 Love Yourself - full band version 4:03

[FREE](#)

3 There's Beauty In The Cracks 3:14

[FREE](#)

4 Face My Fears 4:24

[FREE](#)

5 Face My Fears\_full band version 4:05

[FREE](#)

6 Days Like These 1:20

[FREE](#)

7 Days Like These\_full band version 3:35

[FREE](#)

8 Great Day\_ukulele song 2:33

[FREE](#)

# Born 2 Shine club

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Eliminate Your Inner-Critic  
Boost your COURAGE  
MASTER living in the MOMENT



# Born 2 Shine club

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If you enjoy listening to Podcasts, you're in luck! I've recently created one for you! It's called 'BORN TO SHINE'. You can find my podcast on iTunes, Apple Podcast, Spotify, Googly Play Music, Stitcher, and iHeart Radio. The purpose of my podcast is to provide support, encouragement, and lift you up. You're not alone, we are ALL in this together. Love and light, Mike.



## Born To Shine

Taming Our Internal Critic - with Special Guest Philip Bynoe (World Touring Bass Player)

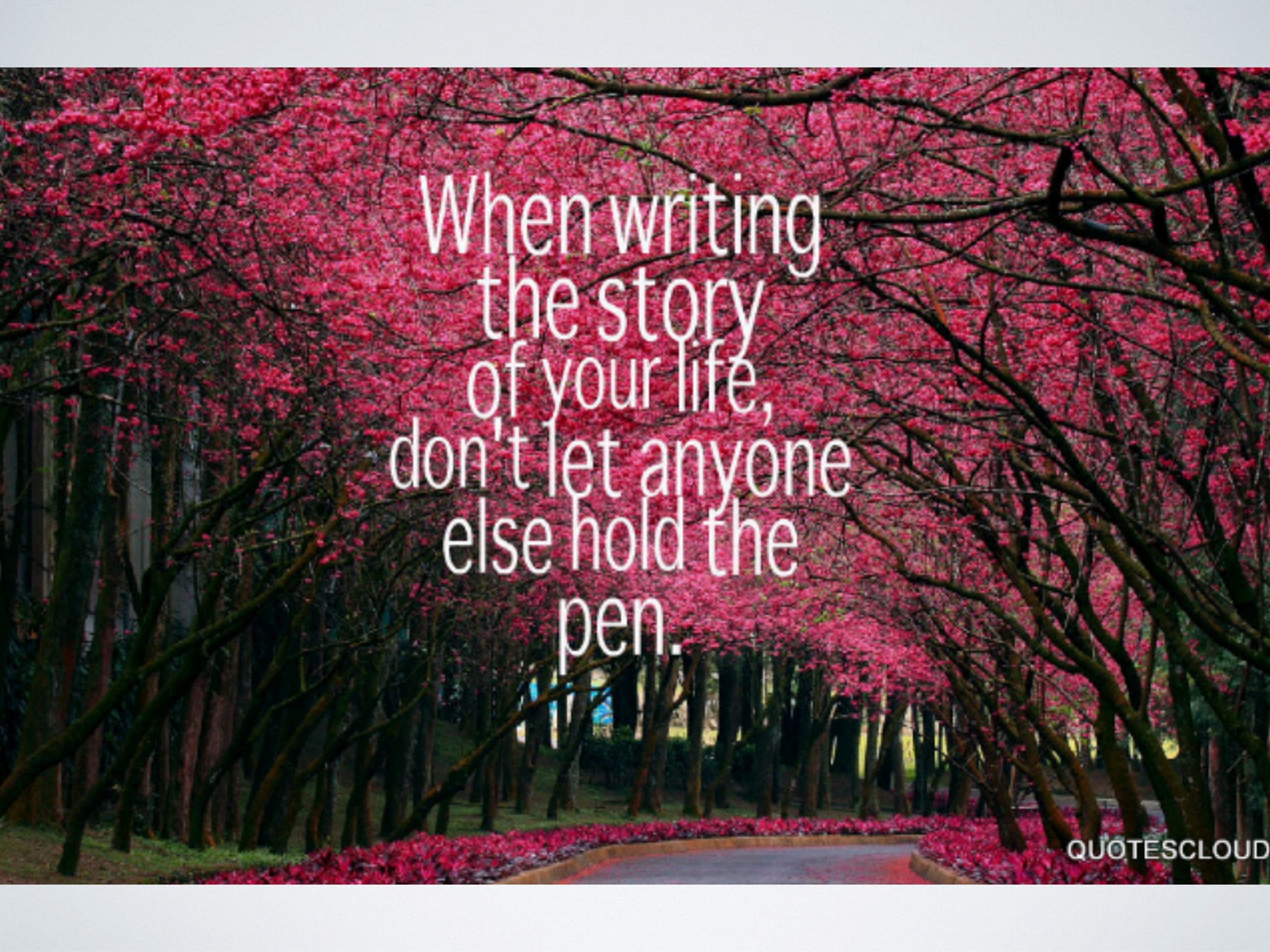
whooshkaa



- |  |  |       |
|--|--|-------|
|  | 1 Taming Our Internal Critic - with Special Guest Philip Bynoe (World Touring Bass Player) | 53:30 |
|  | 2 Dealing With Body Image Issues - With special guest Stacey Havener                       | 26:36 |
|  | 3 Reducing PTSD - interview with Zulema Argota   | 31:06 |
|  | 4 Autism & Dating - Interview with Sam Williams  | 24:56 |

Living a good life is like writing a good song  
all the MAGIC  
happens in the re-write

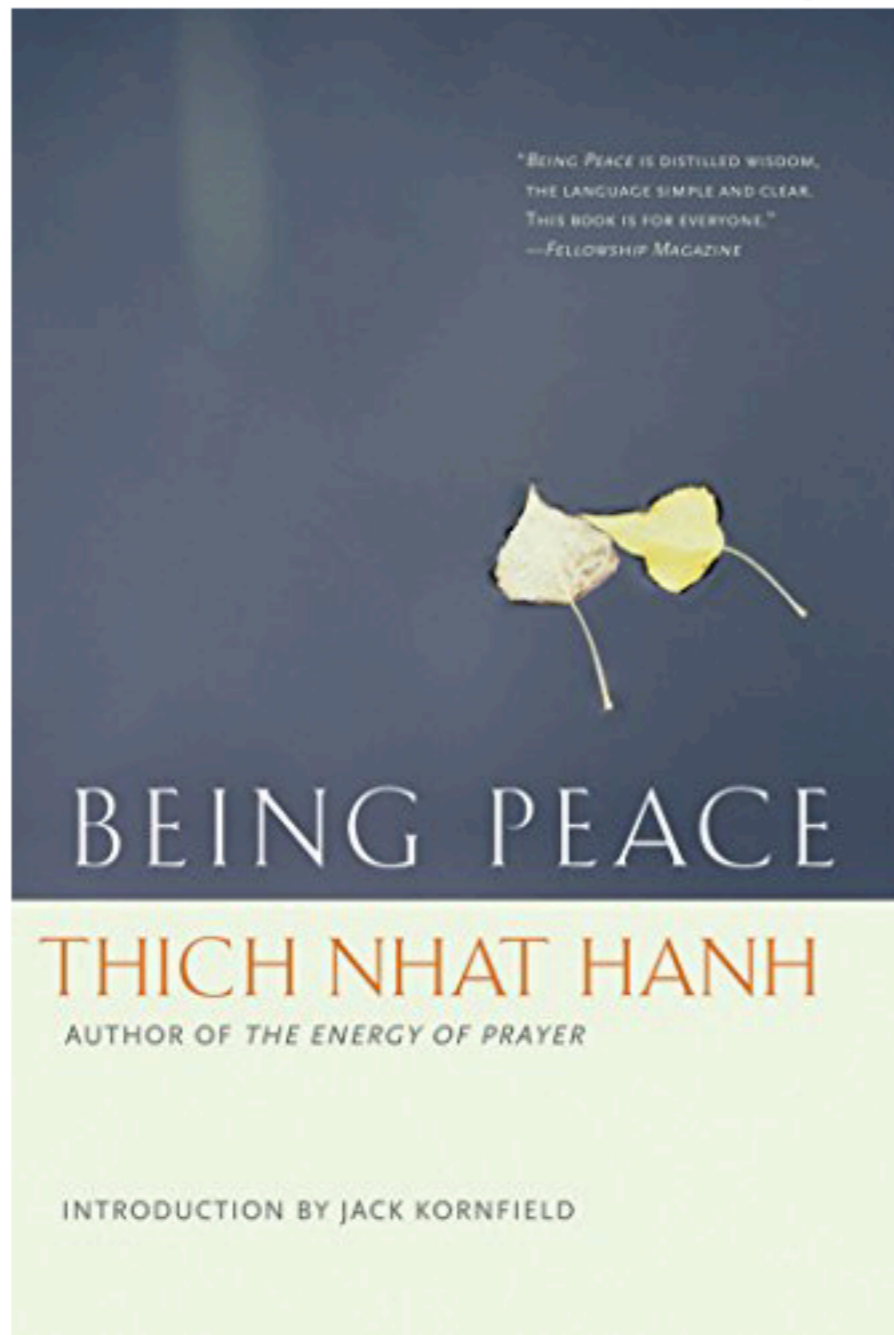
-Mike Sullivan

A photograph of a path lined with cherry blossom trees in full bloom. The trees have dark, gnarled trunks and are covered in vibrant pink flowers. Pink petals are falling onto the path, creating a soft, romantic atmosphere. The path is a light gray color and curves gently through the trees.

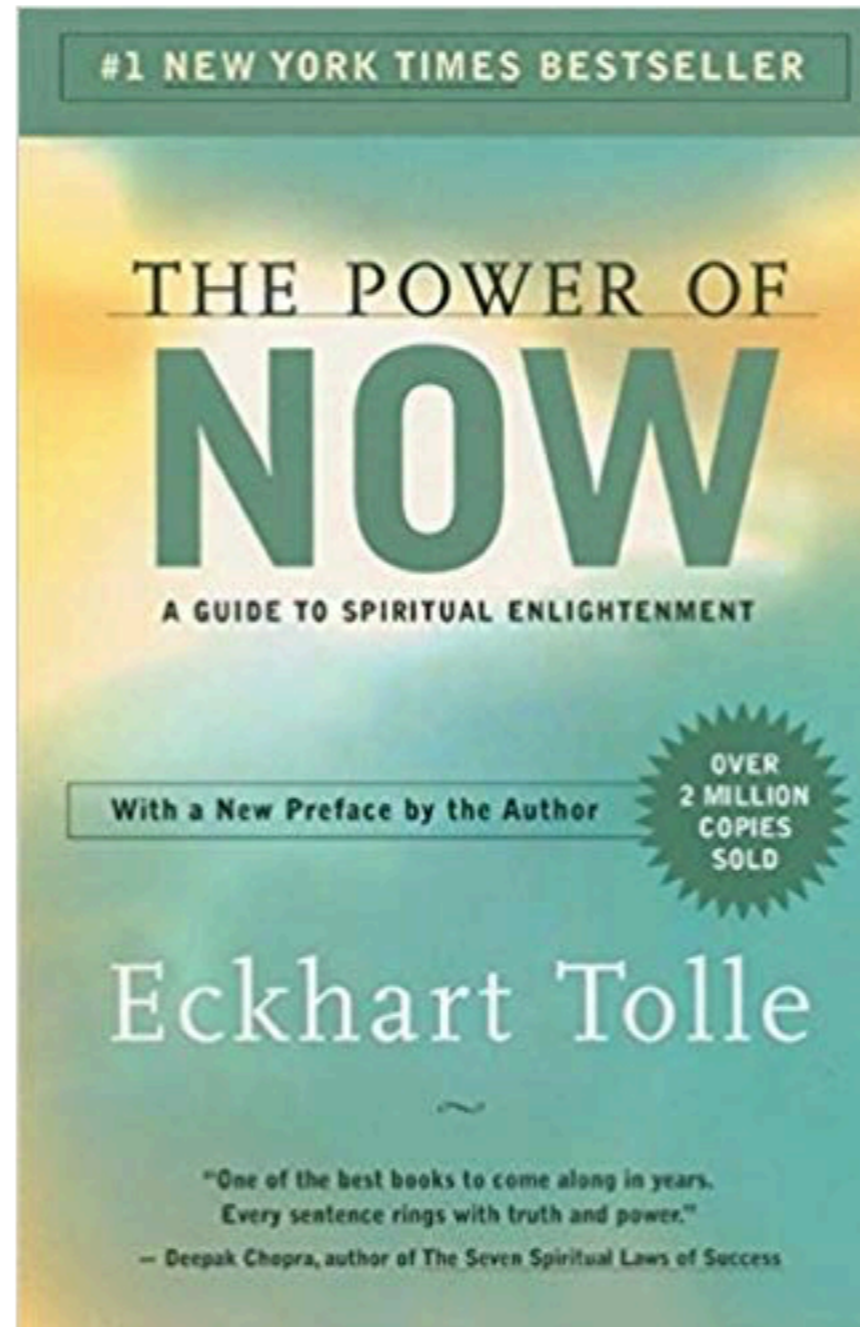
When writing  
the story  
of your life,  
don't let anyone  
else hold the  
pen.

Your life  
is your  
story.  
Write well.  
Edit often.

# Resource



# Resource





*You Were Born To Shine*

