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.
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
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 OTHER PEOPLE LOVING YOU.
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

ITSCALLYOUBOOK.COM
HOW YOU LOVE YOURSELF IS HOW YOU TEACH OTHERS TO LOVE YOU

Rupi Kaur
Accept
Yourself
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.
Forgiveness wipes the slate clean so that other things can come in

Louise Hay
Forgive others, not because they deserve forgiveness, but because you deserve peace.
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
Today
I'm 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.
ACTION CURES FEAR, INACTION CREATES TERROR.
DOUGLAS HORTON
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
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 Hanh
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
"When words fail, music speaks."

~Shakespeare
Days like these I'm beautiful

Days like these I'm powerful

Days like these I'm grateful

Days like these I'm unstoppable
You are Beautiful 😊
You Were
Born To SHINE
Support Songs
Mike Sullivan

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

1. Love Yourself 4:19
2. Love Yourself - full band version 4:03
3. There's Beauty In The Cracks 3:14
4. Face My Fears 4:24
5. Face My Fears_full band version 4:05
6. Days Like These 1:20
7. Days Like These_full band version 3:35
8. Great Day_ukulele song 2:33
Born 2 Shine club

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

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
good song
all the MAGIC
happens in the re-write

-Mike Sullivan
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

The Power of Now
A Guide to Spiritual Enlightenment

Eckhart Tolle

One of the best books to come along in years. Every sentence rings with truth and power.
--- Deepak Chopra, author of The Seven Spiritual Laws of Success
You Were Born To Shine