

# **BORN TO SHINE WITH MIKE SULLIVAN**

Be the BEST YOU:

Three Keys to Overcome Anxiety and Depression  
so you can SHINE at work and at home

## **#1) Love Yourself**

Change the way you talk to yourself  
Accept your quirks  
Forgive yourself



## **#2) Overcome Fears - Limits**

The 5 Second Rule  
Replace Fear with Excitement  
Anchors  
Action vs. Overthinking  
Follow Your Body



## **#3) Be in The Moment**

Mantra Breathing  
Navy Seal -box breathing  
Double Exhale  
Baby Breathing – Belly vs Chest  
Song – [Born To Shine](#)



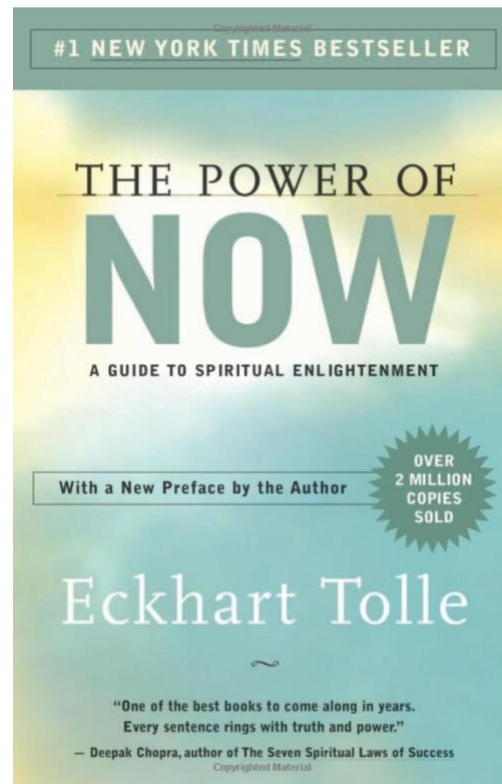
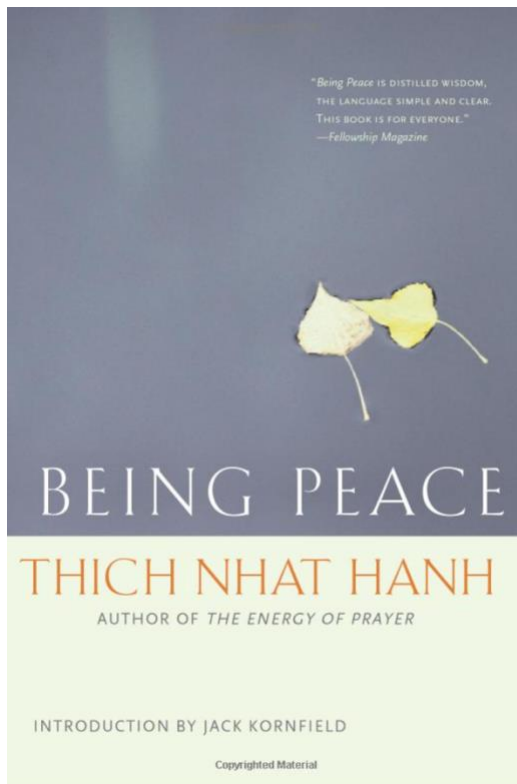
FREE additional support: <http://www.born2shine.club/>

E: [Mike@BornToShine.today](mailto:Mike@BornToShine.today) Website: [www.BornToShine.today](http://www.BornToShine.today)

Socials: [LinkedIn](#) [Podcast](#) [Instagram](#) [YouTube](#) [Resources](#)

# BORN TO SHINE WITH MIKE SULLIVAN

Both of these books were very helpful and insightful to me. I hope they are as helpful to your students as they were to me.



## Mike Sullivan – Educational Speaker

**Born To Shine** helps K-12 students overcome their anxiety and depression so they can THRIVE in school and in life.

[Website](#) [YouTube](#) [LinkedIn](#) [Podcast](#) [Support Club](#)

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