

WHAT ARE THE LIES THAT
HINDER YOUR GOALS &
DREAMS? HOW CAN WE
IDENTIFY NEGATIVE SELF-TALK
& DISBELIEF IN OUR ABILITIES?
WHERE DOES THIS
NOISE COME FROM?
WHAT CAN STOP THIS?



CALLING ALL LIARS!

You're invited to the BEST LIFE Movement's January workshop:

STOP LYING (to yourself): Combatting the noise that says 'I can't'



 **COACH**
BRETT BLAIR

WEDNESDAY, JANUARY 10
12 P.M. TO 1 P.M.

THE FRONTIER | RTP
THE FUSION ROOM

FEATURED SPEAKER | KAYLEE LAW
[BIT.LY/STOPTHELIESWORKSHOP](https://bit.ly/stoptheliesworkshop)