



Testimonial

How the Motivational Mindset Movement has impacted my Life.

About 3 months ago, in mid-December 2017, I was in a place in my life, where I wanted to change some things about myself. I felt all alone and didn't feel that I could trust anyone with my person, my heart, or my personal thoughts. I was riding in the car with Angela and we began to talk about life. I was at a Crossroad in my life. Between the hours of Midnight and Pre-dawn, the light bulb came on in her life based on what we had spoken of. Just like in the bible story of Mary and Elizabeth, Our babies jumped!

How I've changed my mindset, is by changing my voice, the way I speak, and my thoughts about life. I've found that it helps me to protect my heart a little better, by not making assumptions as I've done in the past. My present beliefs have changed, from where they were at least 3 months ago. The way that I've made statements has changed drastically. For, example: "I never have time for myself because I'm always doing for somebody else" vs. "I am going to take time tonight to stay home and read a book or write in my Journal".

My perceptions in what I can achieve have changed, because I have begun to research the unimaginable. Now that I am aware that I take steps or actions in what I believe I can do or have. Most of all, my thought process has changed. I don't think of myself only, my focus is on meeting the needs of other. Because of my MINDSET change, I now think of how my thoughts and actions affect the people around me. Mrs. Angela Marie Jones-Braggs has a quote "Positive Thoughts Produce Positive Results" and that's how I have begun to live my Life.

Vanessa Turner-Parker

BS Sociology,

Retired Human Service Worker