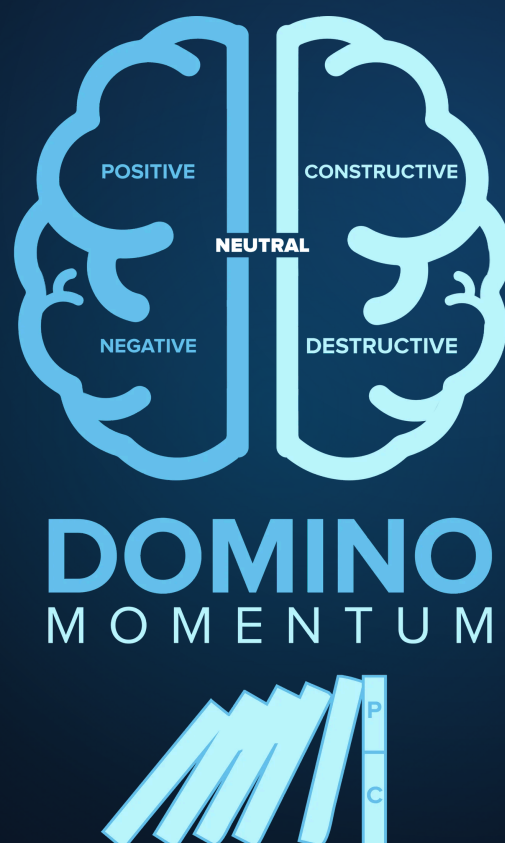


INTRODUCTION

Domino Momentum

Harness the power of your thoughts

- POSITIVE
- CONSTRUCTIVE
- NEUTRAL
- NEGATIVE
- DESTRUCTIVE



Domino Momentum™ – owned by Awareness Services Pty Ltd

Domino Momentum is not only a therapeutic tool, it's a life-changing commitment towards a more empowered and positive you. It is a therapeutic tool designed to help individuals understand and manage their thought patterns for a more positive and constructive mindset. By exploring the levels of thought, identifying patterns, and making intentional choices, users can create a healthier mental space.

Levels of Thought

Five Thought Levels

Dive into the spectrum of Positive, Constructive, Neutral, Negative, and Destructive thinking. Understand how these levels impact your emotions and actions.

Self-Discovery

Through guided reflection, uncover your personal thought patterns and their triggers. Recognise how they shape your daily experiences.

Building Momentum for Change

1

Start & End Strong

Design intentional morning and evening routines that set the tone for a positive and productive day.

2

Positive Power

What defines a positive thought for you? Learn to identify and amplify its transformative energy.

3

Action over Dwelling

Turn positive thoughts into constructive actions, moving you closer to your goals.

4

Embrace the Present

Let go of past regrets and future anxieties. Learn to anchor yourself in the present moment, where true power lies.

Tackling Negativity

Warning Signs

Recognise the red flags of destructive thinking that can harm yourself and others.

Transforming the Negative

Discover tools like gratitude and reframing to turn negative thoughts into opportunities for growth.

Boosting Your Life Momentum

Momentum Shifters

Identify activities and practices that shift your thought patterns for the better.

Neutralise Negativity

Learn practices like mindfulness, exercise, and meditation to disarm negative thoughts.

Empowering You

Realise that every thought is a choice. You have the power to shape your life through conscious decisions.

Your Guide to a Fulfilling Life

Domino Momentum is your guide to creating a more fulfilling and balanced life.

Remember

- You are not your thoughts. You can choose how to respond to them.
- Regular self-reflection and intentional actions are key to lasting change.
- Domino Momentum is your partner in this transformative journey.

You have the ability to triangulate your thinking and think in this manner all the time.

Start building your positive thought momentum today!

AWARENESS SERVICES

Nurturing Growth Through Introspection.

Shed the layers within. Live life with Clarity and Purpose.

AWARENESS IS THE KEY

