

**D3PRESSION**

Dealing with depression can be extremely difficult. Some days you will feel like garbage and won't want to get out of bed. I can literally remember laying in bed sweating profusely; too sad to get out of bed even though it was a beautiful sunny summer day. I couldn't even muster the energy to remove my blanket. That's how down and out I was.

I remember feeling so alone. Too scared to tell my friends and family how shitty I was feeling. I remember feeling suicidal. I decided to make this program so no one feels alone like I did. I want to make sure everyone can get the help they need so they don't feel as sad and alone as I did that sunny summer day.

I want you to think about your circumstances. Are you allowing your circumstances to dictate how you feel?

Maybe you aren't making as much money compared to your friends and that's making you feel bad. Comparing yourself to friends, family, and influencers can make you feel depressed.

Maybe you don't have a best friend or friend group to chill with. This lack of friendship can make your relational life poor.

Maybe you have a poor relationship with your family and girlfriend or boyfriend; thus making you feel depressed when it comes to your personal life.

Maybe you haven't found work you love so you don't have an ideal professional life.

Let's write down what's bothering you. Be radically honest with yourself.

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Depression is a frame of mind. It's all mental, just like losing weight. If you focus on things that suck, you feel bad. If you focus on things that rock, you feel good.

By focusing on positive things, you think and feel better. By focusing on negative things you feel worse. Are you a more positive or negative person? Go through my course BRAIN-R3FRAME to learn more about controlling your brain.

Close your eyes and imagine something good. Pretend you got a promotion or your favorite team won the super bowl. How do you feel? This is transcendental meditation. You should feel really good imagining these scenarios. Anytime you feel down and out, use this meditation technique to help you feel good.

I repeat, depression is all mental. This is great because if we change our thinking (mentally), we can change how we feel. What are you focusing on mentally that's made you feel depressed-

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How can we focus more on things we are grateful for?

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How can we mend relationships with friends or family to live a more fulfilling life?

Dream with me, what would make life awesome?...You deserve it.

When was the last time you exercised, journaled, went out to eat, danced, laughed, made dinner, went on a trip to break the monotony of life.

What is something fun and spontaneous you can do right now?

What state does your mind live in when it comes to being in the past, present, or future?

Anything else come to mind ?

Last, how can we harness how we are feeling right now for the next days, weeks, months, years?

Many people get depressed when they live in the past replaying shitty memories after shitty memories. I want to stress that it's paramount to live in the present moment. Fuck the past, live in the present moment and a little in the future so you can plan things like fun events or vacations.

I would stress doing my program BRAIN-R3FRAME; and my other programs called RE-EN3RGIZE and EXP3RIENCE. These programs will help you fall in love with yourself, your life, and the people you share it with.

If you want to work through this program with one of our highly trained coaches we would love to help.

Depression is all mental. Once we identify what's bothering you mentally, we can diagnose the problem(s). Then, we can help you get back on track to loving your life.