

The question for most people embarking on the self improvement path is 'How the hell do I get this to work?'

Time4changenZ specialise in getting into 'Action'. That's right, the 'How to do it stuff'. Get moving and call now -

**Evolve by choice not chance!**

Here's the funny thing, when you tell your brain that you want to achieve something – set a goal – your brain will begin searching its files for anything that it may currently have stored within it, things like stuff you have seen, contacts you may have met etc. Your brain sets things in motion; OK sometimes it may work a little slow but still its working and its working 24/7.

Think about it, we have all woken up in the middle of the night with an idea or a solution to a problem, your brain is working while you sleep.

It's simple – start giving your brain clear directions and it will do amazing things for you.



It's time to start pushing your boundaries and step outside your comfort zone – how else are you going to live the life you dream of? Set challenges for your self, stretch, push yourself, be bold and live a little, dam it live a lot!

Honestly, very little has been achieved by sitting on a sofa criticising the success of others.

It's over to you ... **Evolve by choice not chance!**

**TIME 4 CHANGENZ**  
EVOLVE BY CHOICE, NOT CHANCE

