

Mental Muscles

The six tools your mind uses to think, choose, and create.

PHYSICAL SENSES = OUTSIDE IN
MENTAL MUSCLES = INSIDE OUT

LIVING FROM OUTSIDE IN

See
Hear
Smell
Taste
Touch

LIVING FROM INSIDE OUT

✓ Will
✓ Perception
✓ Reason
✓ Imagination
✓ Memory
✓ Intuition




IMPACT-ology MasterMind

LIVING FROM INSIDE OUT
MENTAL MUSCLES:
YOUR 6 SUPER-POWER TOOLS

✓ Will: Gives you ability to focus & concentrate
✓ Perception: Your point of view
✓ Reason: Gives you ability to think
✓ Imagination: Creates fantasies
✓ Memory: Is perfect
✓ Intuition: Picks up and translates vibrations



IMPACT-LOGY SECRET:
WE ARE ALL BORN WITH
THESE MENTAL MUSCLES.

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◆ WHAT YOU NEED TO KNOW ◆

- ◆ Your conscious mind works through six mental muscles: **Imagination, Will, Perception, Intuition, Reason and Memory.**
- ◆ You live from the outside in when using your **Senses.**
- ◆ You live from the inside out when using your **Mental Muscles.**
- ◆ They are 6 superpower tools for thinking, deciding and creating, not just for remembering facts.
- ◆ Being educated doesn't mean knowing a lot of facts. It means training your mind so well that you can get almost anything you want.
- ◆ The stronger you build these mental muscles, the more control you have over your paradigms.

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Jim Kwik: ‘The human mind is the ultimate superpower – there is no limit to our creativity, imagination, determination, or ability to think reason or learn.’

Sheila Love IMPACT-ology Mastermind

SHEILA LOVE — WHERE EVERYTHING IS POSSIBLE