



shifting attitudes / shifting outcomes

Paint Your Life with New Colors

Thee Year - 2010

Here it is, mid-summer of 2010, a year filled with changes all around us! We have already found this year to be a year full of adventures each day when our feet hit the floor. Debra's readers and followers will now receive a quarterly newsletter, so don't forget to [sign up](#) when visiting her [website](#). What can you expect in Debra's newsletter? You can expect hot topics every quarter with relevant information pertaining to *Work, Home and Life!*

With the launching of a new website, Debra provides valuable information to corporate America, as well as home and life all wrapped up in two of her keynotes, and three workshops, which can also be found on her website.

2010 is already proven to be a super informative year, as Debra steps out into the world as an author, perseverance expert, and speaker. But this isn't Debra's first time engaging the masses. She's a veteran, but now brings much more wisdom and knowledge to her platform for those seeking to learn from her.

So join her blog, sign up for her [newsletter](#) or hire Debra for your next company event. She will always keep you on the edge of your seat with new innovative life strategies. So, what are you waiting for? Check out Debra's new website and the vast amount of information for all areas of your life!

Go Green - Think/Feel/Do Lifestyle

When the stop light turns **Green** we move ahead, we accelerate. When the stop light is **Red** we stop and wait. Debra's *Think / Feel / Do Lifestyle* works much the same way.

It works like this...first a thought enters our mind. This initial thought can be positive (green) or negative (red). Let's use a green thought (positive) as our example. A green thought enters our mind, it then aligns or searches for an emotion to match it, making them both green. It is then that the green thought, the green emotion generates a green do or action.

Green Thought: You are excited about your interview today. **Green** Emotion: You feel confident about your interview today.

Green Do(action): I did great in my interview today.

There is a pattern that develops. The above example works both for positive/negative thoughts, emotions and actions in all areas of our lives. Whether you are at home/work or social setting, observe yourself and you will begin to see a pattern in all areas of your life.

Are you green or red in the *Think / Feel / Do Lifestyle*? For more details on this article, go to Debra's website at <http://www.debraluptak.com>.

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Paint Your Life with New Colors

Debra Luptak

Workshops - 60/90 Minutes

Workshop #1 - Paint Your Life with New Colors

- The New Think/Feel/Do Lifestyle
- Who Moved My Mindset - MMM
- Perseverance = Results
- Humor and Laughter
- 3 Choices - Give In, Give Up or Give it Your All

Target Audience: This is Debra's signature program. Paint Your Life with New Colors is great for mainstream audiences: Large, medium or small companies, community leaders, sales teams and organizations of any size.

Workshop #2 - Shifting Attitudes in the Workplace

- The New Way of Life Think/Feel/Do Lifestyle
- Awareness, Attitude and Choices
- The Love Communication Style
- Shifting Attitudes > Shifting Outcomes
- How Can I Help You Attitude

Target Audience: This program is great for managers, leaders and employees.

Workshop #3 - The Plan - Anywhere, Anytime Coverage

- Taking Work & Life to a New Level
- Responsibility / Accountability / Reliability
- Shifting Attitudes > Shifting Outcomes
- Go from Complacency to New Performance
- The Office Think/Feel/Do Structure
- Creating a High Energy Environment

Target Audience: This program is great for managers, leaders and employees who are looking to shift internal attitudes and performance, and shift their customer facing.

Keynote #1 - Self-evaluation, Perseverance, Relationships

Keynote #2 - Debra's Think / Feel / Do Lifestyle

Debra's Keynotes:

Keynote #1 -

Self-evaluation,
Perseverance, and
Relationships

Keynote #2 - Debra's

Think / Feel / Do
Lifestyle

About Debra:

- * author
- * perseverance expert
- * speaker
- * corporate change
- * shifting attitudes
- * shifting outcomes
- * results orientated
- * professional
- * entrepreneur
- * wife
- * mother
- * grandmother

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