



# **Pink Bucket Thinking: A guide to choosing your day-to-day thoughts so that you get more of what you want in life!**

*Tony Burgess, Julie French*

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Ever felt like your thoughts are happening automatically, messing up parts of your life?

If so, you're not alone!

And there's another better way! Start to choose your thinking more often and you'll be more empowered and in control of what you experience and achieve.

Pink bucket thinking is the particular blend of mental activity that works most effectively for you at any given time.

It'll help you enjoy life

It'll help you achieve more

It'll help you connect

It'll help you thrive

Its power is in its simplicity. Simply – it works!

Established as an awareness and development tool for therapy, coaching and training, pink bucket thinking is a powerful metaphor that has really caught on. It will help you get out of your own way, help you step up your performance and it will help you enjoy the journey too.

Making a positive difference internationally through their work in personal and professional development, Tony Burgess and Julie French invite you to join them on a voyage of self-discovery. A journey that will ultimately help you make the choice ... to 'think' more 'pink'.

"Pink Bucket Thinking – Simple yet powerful. It works. It sticks" Marisa Jerrison, HR Director, Zenith Vehicle Contracts Ltd.

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