



## **Special Facebook Report**



# **HOW TO FINALLY RID YOUR FACEBOOK NEWSFEED OF ALL THE DRAMA**

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# HOW TO FINALLY RID YOUR FACEBOOK NEWSFEED OF ALL THE DRAMA

Are you just sick and tired of all the drama on Facebook? Are you ready to call it quits and close your account? STOP! DON'T DO IT! Read this first...

I'm going to give you a simple 2 step process that will teach you how to rid your newsfeed of all the Facebook drama, once and for all, while also turning your newsfeed into a floodgate of positivity, to help you move forward in your life.

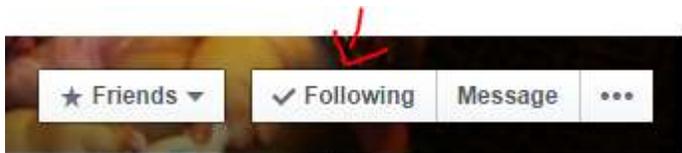
**Are you ready? Here we go!**

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## **STEP 1**

Every time you see a negative status update from a friend, family member and/or coworker, give them just one chance. If it persists another time, simply unfollow them.

Go to the person's profile and click on the following button...



After you've clicked it, it should look like this...



Simple isn't it?

**WARNING:** This only works if you are not the one causing the drama!

## **STEP 2**

Start liking pages that post nothing but positive quotes and good self development resources, so that when you go to your newsfeed, not only does your newsfeed not have any drama, but it also empowers you with positive, uplifting and empowering information on a regular basis.

You can start by liking our page... **(Just do a quick search right now, for Mindshift Strategies)**



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As you slowly eliminate the drama and replace it with more empowering content, you will notice your life begin to change and I'll explain why...

There is an equation I discovered that explains this perfectly. I call it the B.E.A.R equation.

### **Here's how it goes:**

$B+E+A=R$  (BELIEF + EMOTION + ACTION = RESULTS)

Your personal beliefs about yourself, others and the world in general make up your entire reality and when your beliefs are negative and/or limiting you will attract negative and/or limiting results.

For every belief, there's an emotion and every emotion produces an action and every action produces a result.

**So what exactly creates a belief? It's every single thing that we allow to enter our minds through our 5 senses:**

1. Sight
2. Smell
3. Touch
4. Taste
5. Sound

Our minds absorb every single piece of data that comes in through those 5 senses. Everything that comes through these senses has the potential to form a new belief or reinforce one we already have.

### **So the question is...**

What do you see, smell, touch, taste and hear on a regular basis? What are you allowing to enter your mind **daily**? These are shaping your reality and your entire life experience.

The more you can bring in things that create a positive experience with your 5 senses, the more positive your belief system will be. I've got a 90/10 rule that I follow consistently: 90% of what comes into my brain, through my 5 senses, must be pushing me directly toward my vision for the future. This means that I only allow 10% of what goes into my mind to be questionable in terms of bringing me forward.

Most people have it backward. 90% of what goes into their mind is questionable and only 10% is positive and uplifting. This is the main reason for the state of our society. But that's a whole other topic.

### **Now let's go back to Facebook...**

What is the majority of your newsfeed telling you, on a consistent basis? Is it mostly positive or negative?

Does it empower or disempower you? How about the friends you chose to associate yourself with? Do they lift you up or bring you down? Do they encourage you to go for your dream and live life with passion, purpose and fulfillment or do they encourage you to stay where you are?

All of these things are shaping your reality and creating your life experience. And most importantly, it's influencing what YOU actually do on a daily basis, which is shaping your life's results.

So next time someone posts something negative or "dramatic" on Facebook, do yourself a favor, unfollow them. And start adding positive, empowering quotes and personal development resources to your newsfeed right now, by liking our page at: [www.facebook.com/MindshiftStrategies](http://www.facebook.com/MindshiftStrategies)

If you liked this special report, make sure to get back with the person who shared it with you and ask how you can get more resources like this, on a consistent basis.

Coach Luc

The Grind expert

Mindshift Strategies

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