



DR. JOHN GAINES
DR. JOHN GAINES
DR. JOHN GAINES

**START EVERY
DAY WITH
A GREAT
THOUGHT**

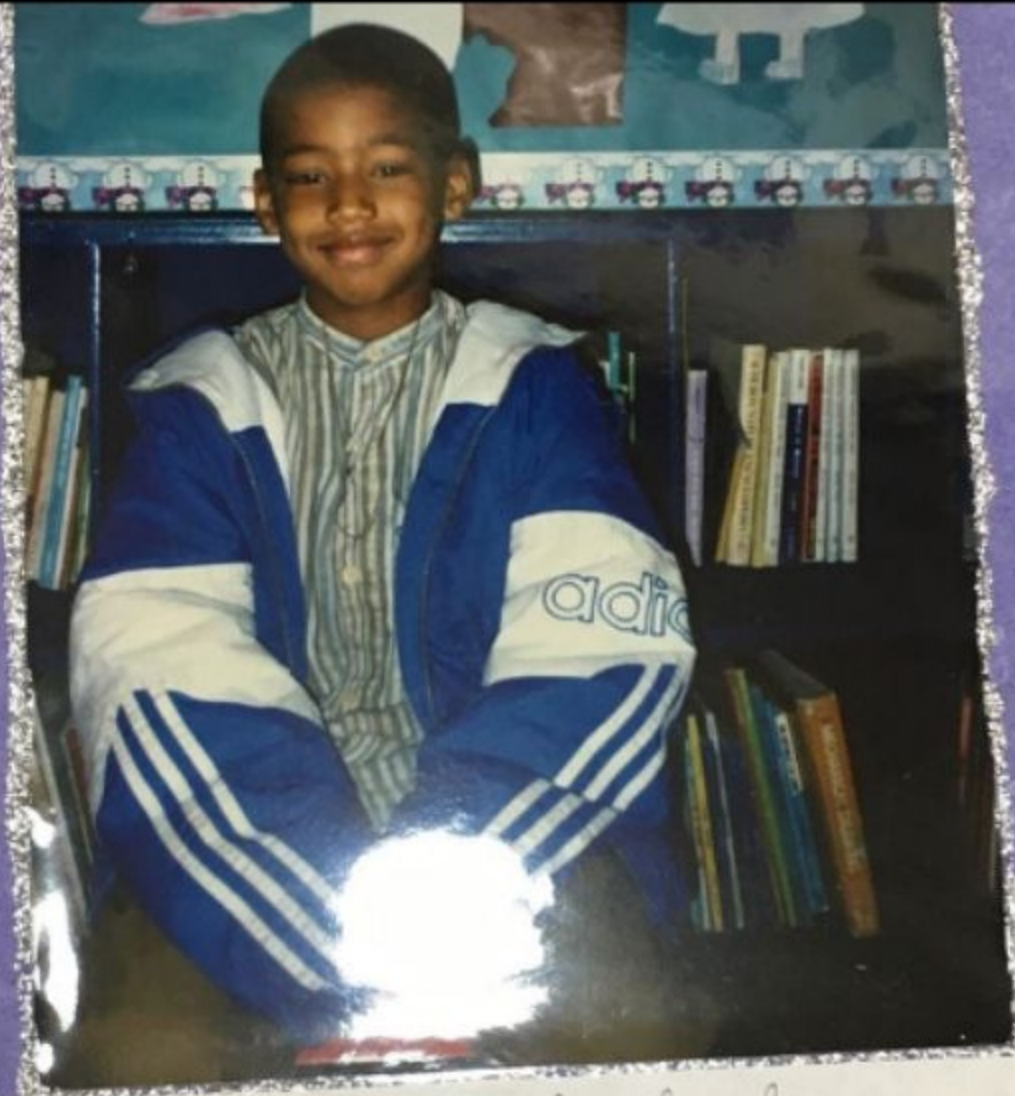
DR. JOHN GAINES

**WHAT ARE YOU
GRATEFUL FOR?**

DR. JOHN GAINES

YOUR THOUGHTS BECOME THE **SEEDS** OF YOUR FUTURE

DR. JOHN GAINES



John's favorite part of school is journals and doing math because they're fun.

When John grows up, he wants to become a football player because he likes to play it.

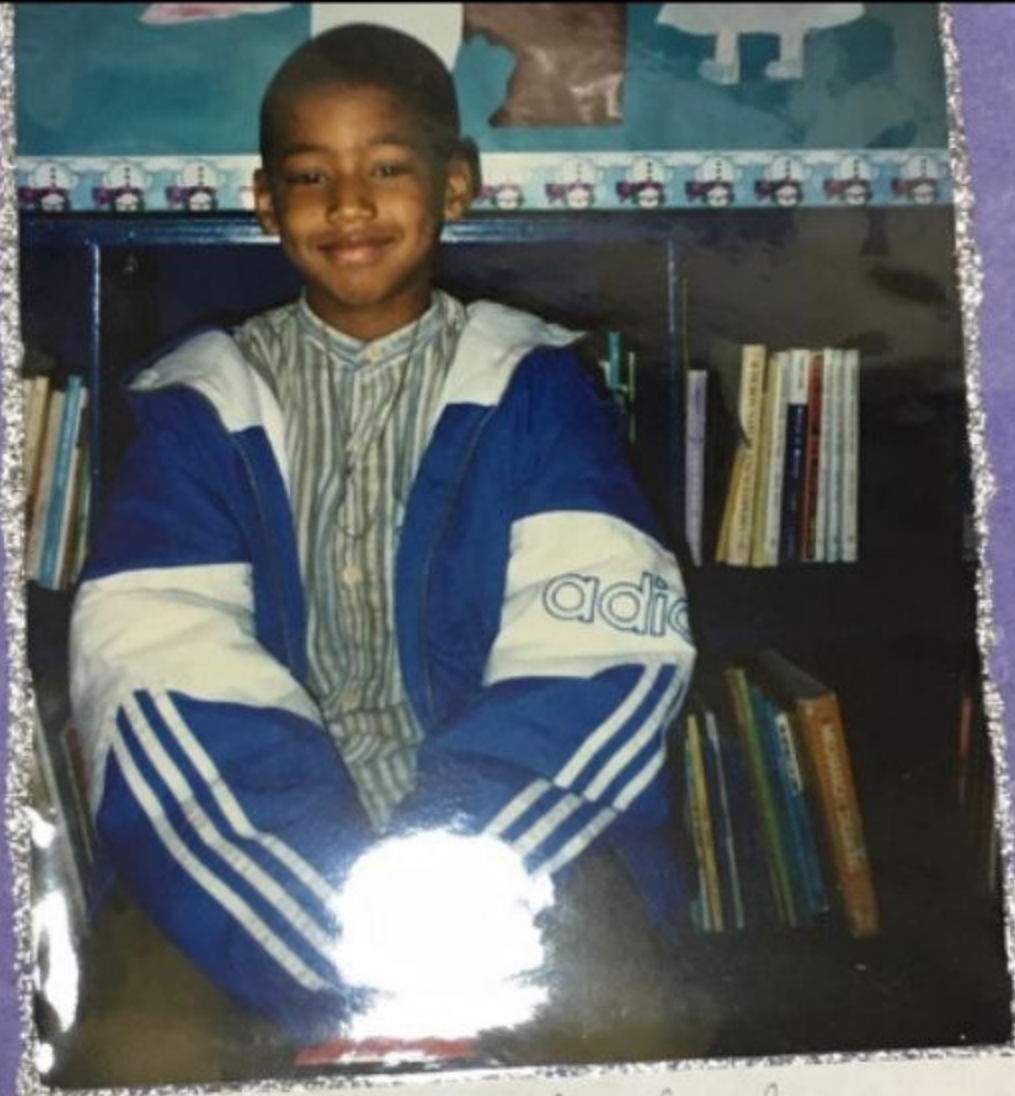
DR. JOHN GAINES





YOUR THOUGHTS BECOME THE **SEEDS** OF YOUR FUTURE

DR. JOHN GAINES



John's favorite part of school is journals and doing math because they're fun.

When John grows up, he wants to become a football player because he likes to play it.



DR. JOHN GAINES

GREAT THOUGHTS.

GREAT ACTIONS.

GREAT HABITS.

GREAT PURPOSE.

#PUSHLOVE

DR. JOHN GAINES



THE MOST
IMPORTANT
STORY RESIDES
WITHIN YOUR
OWN MIND.

THE POWER OF “I BELIEVE IN YOU”





**YOU CAN'T
POUR FROM AN
EMPTY CUP!**

DR. JOHN GAINES

**WHAT POSITIVE
BELIEFS DO YOU
BELIEVE ABOUT
YOURSELF?**

DR. JOHN GAINES



CONFIDENCE
IS OVERCOMING
IN ADVANCE

DR. JOHN GAINES





CONFIDENCE
IS OVERCOMING
IN ADVANCE

DR. JOHN GAINES

”

**SOMETIMES THE
GREATEST GIFT YOU
CAN GIVE SOMEONE IS
SHOWING THEM WHAT
BELIEF LOOKS LIKE.**

DR. JOHN GAINES

MOMENTS MATTER



DR. JOHN GAINES

THE POWER OF YOUR WORK





**NOT ALL
HEROES**

WEAR CAPES

GET IN TOUCH

Website www.johnpushgaines.com

Mail info@johnpushgaines.com

    @pushgaines

