

# The Top 3 Ways Gossip is Wrecking Your Life!



*Brandy Getzian*  
Mindset Coach

© Brandy Getzian



#1

Gossip in your life causes

huge misunderstandings

How to avoid misunderstandings...

Ask for Clarity on the situation.

Always ask questions!

Consider the source of the information

Is the source credible. Would you trust telling this source private info?

Never Assume you know what happens.

Assuming makes an Ass out of You and Me!



Brandy Getzian  
Mindset Coach

© Brandy Getzian



# #2

Gossip in your life causes

A negative environment!

How to avoid a Negative Environment...

Gossip causes constant drama!

Stay out of situations where you know gossip will occur!

Do not engage, just walk away.

By not engaging, shows that you are growing.

A negativity causes health issues

Staying out of a negative environment raises your vibration, making you happier and healthier.



Brandy Getzian  
Mindset Coach



# #3

Gossip in your life causes

trust issues in your relationships

How to avoid a Trust Issues...

*Is it really worth it?*

Ask yourself is repeating what you "heard" is really worth losing your relationship!

*Trust issues can make or break any relationship.*

Gossip is a story made up and added to by each person involved. When in doubt, let it go in one ear and out the other.

*Gossiping creates the Blame Game*

Those stuck in the gossip circle never take ownership and will blame others for their misfortune.



*Brandy Getzian*  
Mindset Coach



*Gossip is just one of the things that can create a negative mindset!*

Are you tired of being caught up in a negative mindset?

Do you see the negative, before the positive?

Are you tired of being frustrated with life and those you surround yourself with?

Are you tired of being stuck in the middle of all the drama?



*Brandy Getzian*  
Mindset Coach

© Brandy Getzian

*Let me help....*



# Introducing the Relationship Analysis Blueprint

Reclaim Your Voice  
Reclaim Your Power  
Reclaim Your Life

In this 5 day course you will be able to identify those people that suck you into the gossip mill. You will see who causes the drama in your life and how to kick the negativity to the curb. In turn you will reclaim your life and live life the way you want to live. On your Terms, not on someone else's. You make the choices in your life. Other's have no business choosing for you. Reclaim your voice my friend!

Life can be magical!



*Click here to Change your Life!*



*Brandy Getzian*  
Mindset Coach

© Brandy Getzian