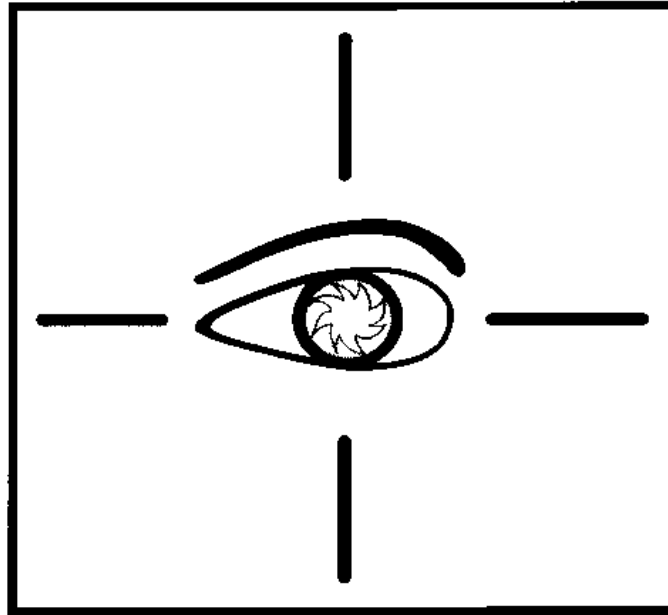


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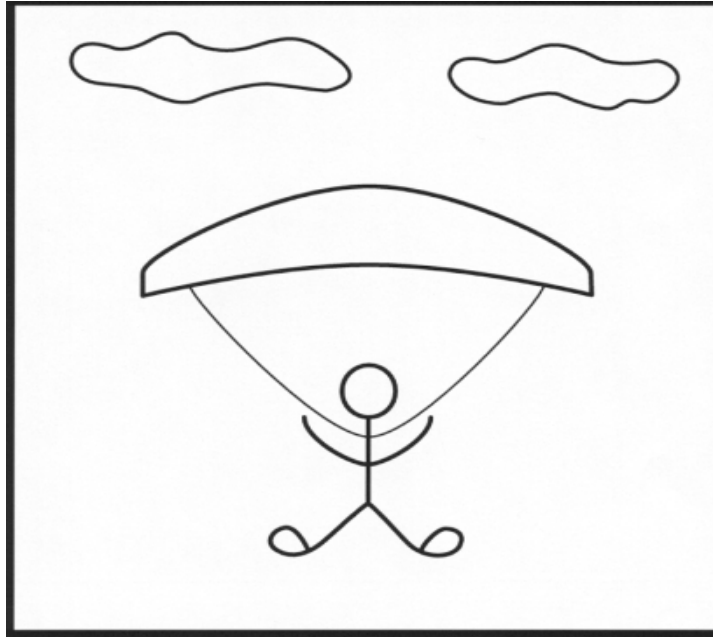
F O C U S

•LOOKING vs SEEING•

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- The Chinese word for double-minded is one person standing in two canoes.
- Focus is the elimination of distractions; stilling the mind without falling asleep.



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DECISION

• JUMP WITH PURPOSE •

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- Describe what hyper-focus feels like within the mind and body connection.
- Worry is negative meditation.
- Pain must have an exit-wound or healing will not occur.
- Only one thing differentiates a wound from a scar: pain.

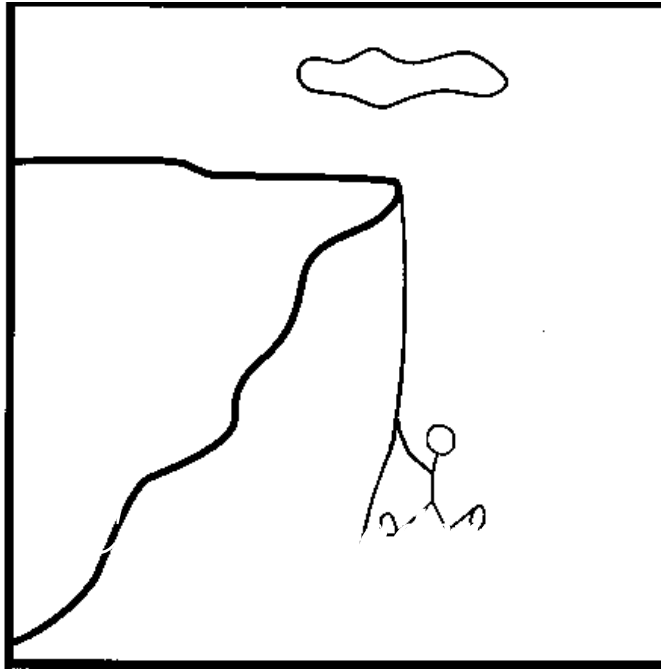
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Weakness to Strength Conversion

"The world breaks everyone and afterward, some are strong at the broken places" – Ernest Hemingway

Champion-toughness has markers;

- Strength
- Flexibility
- Resiliency



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BELIEVE

• TOTAL COMMITMENT •

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- Believing something in classical Greek (pisteo) means to cling to and adhere to with everything.
- How much do you believe in yourself?
- Facts tell, stories sell.
- Ask, seek, knock is a code to unlock performance success.

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"Blessed are the children"

- Think like a child.
- Ask like a child.
- Expect like a child.
- Receive like a child.

BREAKOUT: WHAT IS THE FIRST CHILDHOOD DREAM
YOU CAN REMEMBER?

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"Wisdom is knowledge guided by understanding"

- Your unique brand is your best advantage over other competition.
- Knowing something in classical Greek, (genosko) means to ingest or impregnate.
- Knowing is acting with absolute certainly.

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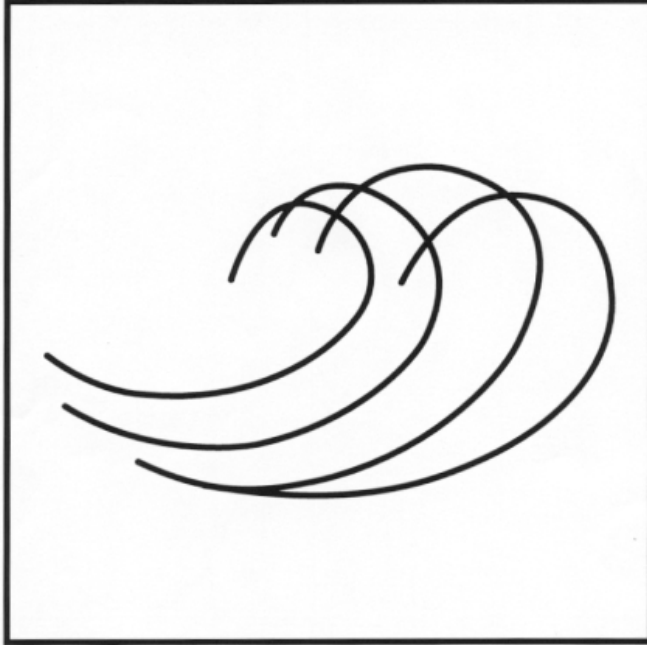
Choose your own brand-tattoo before someone else does

"A brand is the original tattoo"

- Would you like to wake up one morning with a tattoo not of your choice?
- Choosing your own brand-tattoo puts you in charge of your own destiny!
- What is your unique talent and skill quality?
- Lead with your brand-tattoo and empower others to do the same.
- We are wired for success but programmed for failure.

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BREAKOUT: CREATE YOUR OWN ID BADGE TO
CLARIFY YOUR BRAND-TATTOO:



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B R E A T H E

• I N S P I R A T I O N •

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