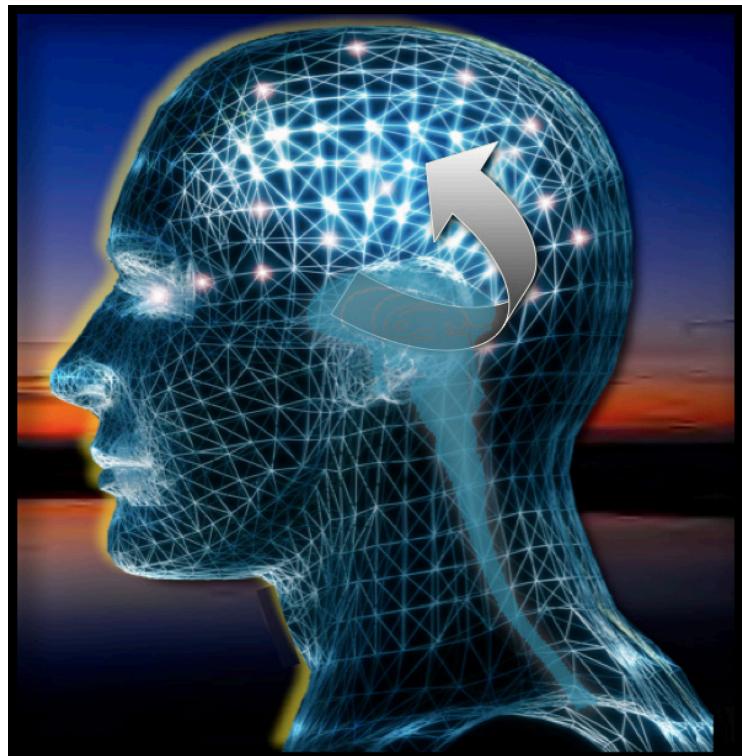




BREAKING THE CYCLE: FROM STRESS AND REACTIVITY TO CLARITY AND CONFIDENCE

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Real Life!

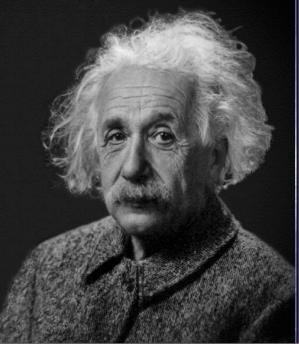
**Problem
Triggers?**

**Problem
Reactions?**



"Problems cannot be solved at the same level of awareness that created them."

Albert Einstein

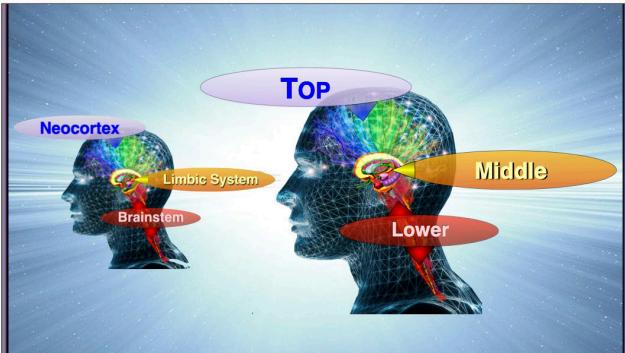


Four Essentials of Effective Decision Making & Influence

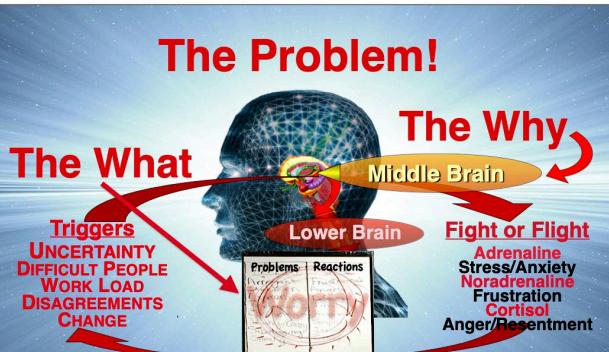
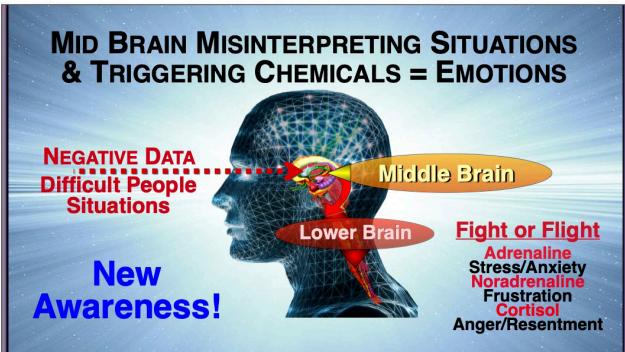
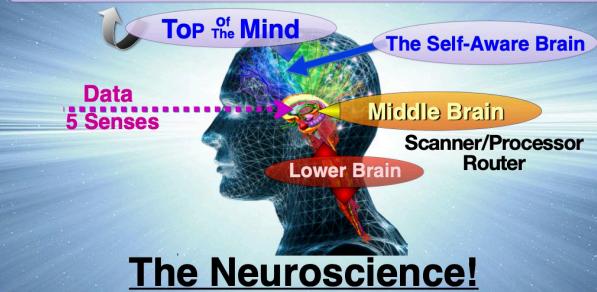
- 1. Self Awareness
- 2. Self Regulation
- 3. Social Skills
- 4. Communication Skills

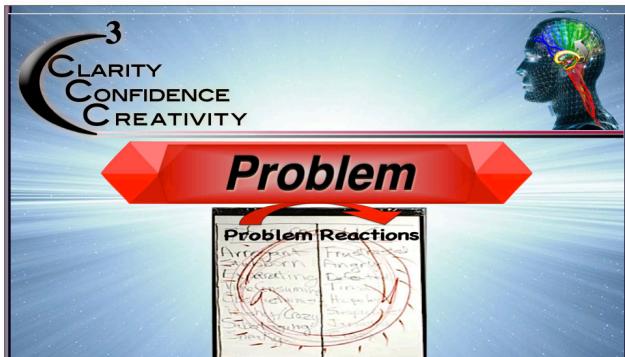
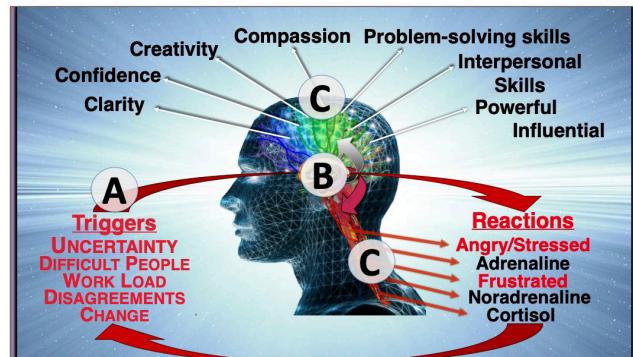
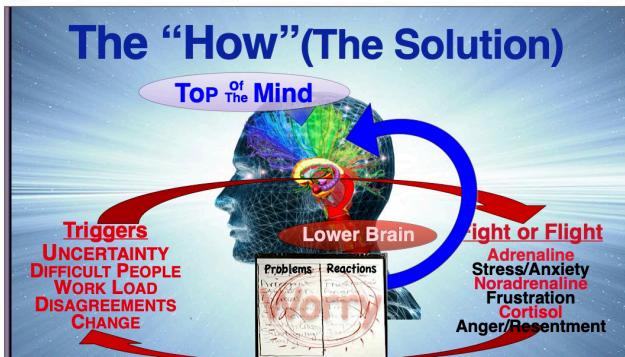
How We Understand & Influence Ourselves

How We Understand & Influence Others

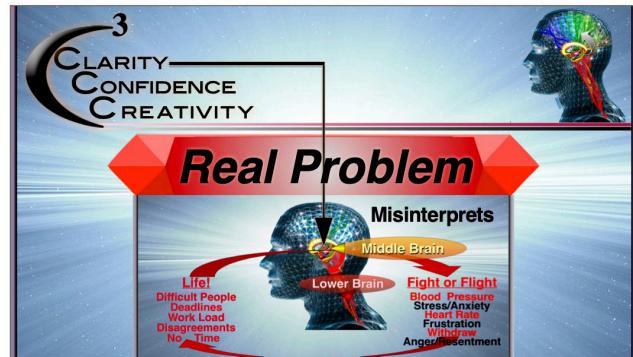


CLARITY, CONFIDENCE, CREATIVITY, ETC.





“Never tie your peace of mind to another person’s state of mind!”





Solution!
Regain Control!

TOP of The Mind

Lower Brain

How?
Breathe – 5 by 5 or 4-4-4
Relax – On the exhale

TOP of The Mind

Lower Brain

Problem:
Doesn't Break
The Cycle!

Why?

Solution!
Harness the Power of Questions
The “Search Engine” For The Brain!

TOP of The Mind

Questions!

SEARCH

Lower Brain

Problem!
We Are Asking *BS* Questions!

Questions!

SEARCH

Brainstem

Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – *Top of The Mind* Questions

TOP of The Mind

Lower Brain

Solution!

Top of The Mind Questions

- 1** Was this thought, emotion, or action chosen on purpose?
- 2** How's it working for me?
- 3** Is this the way I want to be defined?



**Are We Defining Who We Are?
Or... Are We Being Defined
By The Difficult People
And Situations We
Encounter?**

**When We Say
"_____ Makes Me _____"**
**We are giving the difficult
people & situations in
our lives the power
to define us!**

Solution!

**We Define Ourselves
From the Purposeful, Powerful
Part of the Brain!**

Training Film!



The 4 Criteria

- 1 Purposeful** - Chosen on Purpose
- 2 Effective** - Produces + Results
- 3 Defines Me** - The way I want to be Defined
- 4 What I would recommend to someone I love/lead!**

**Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top ^{of} The Mind Questions**

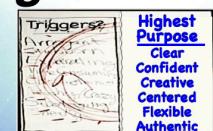
TOP ^{of} The Mind

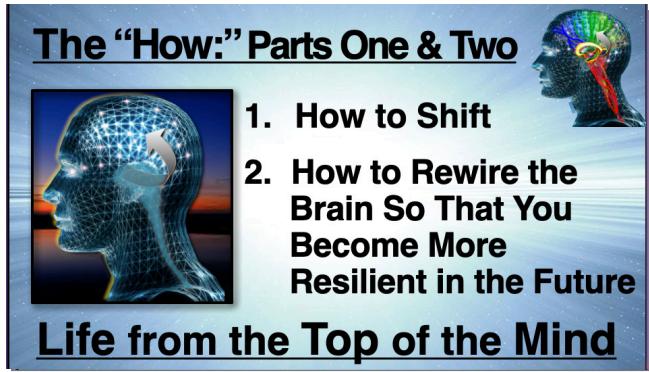
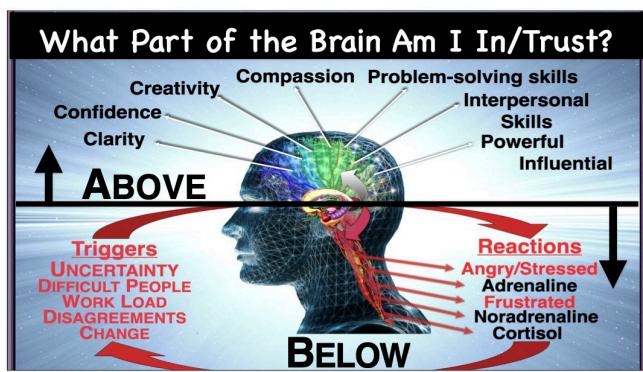
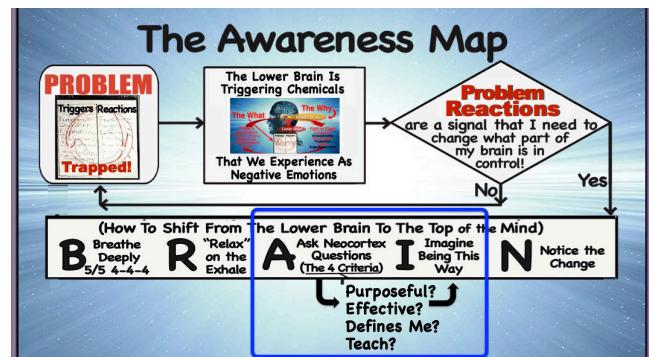
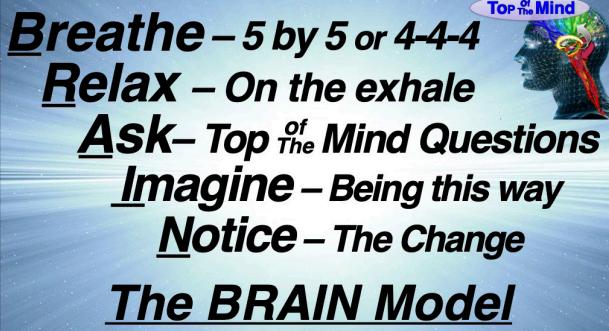
Lower Brain

- Purposeful?
- Effective?
- Defines Me?
- Teach/Recommend?

**Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask – Top ^{of} The Mind Questions
Imagine – Being this way**

TOP ^{of} The Mind







Make it Important Enough to Practice

HIGHEST PURPOSE
CLEAR
CONFIDENT
EMPATHETIC
CREATIVE
CURIOS
WISE
PATIENT
PURPOSEFUL
INFLUENTIAL
AUTHENTIC
RESILIENT

PRACTICE FIELD
DIFFICULT PEOPLE
UNCERTAINTY
NEG. EMAIL/TXT
BAD DRIVERS
TRAFFIC/LATE
MISTAKES
LACK/RESOURCES
POLITICS/GOV.
KIDS/FAMILY

VALUABLE SIGNAL
STRESSED
FRUSTRATED
ANGRY
SELF-DOUBT
ANNNOYED
SHUT DOWN
OVERWHELMED
DEPRESSED
ANXIOUS
WORRIED

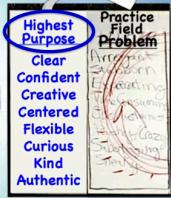
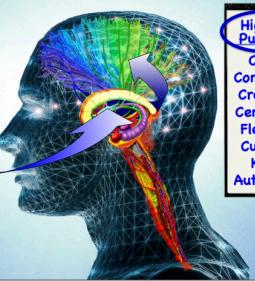
“Stress is a signal that something needs to change. Suffering . . . is when we don’t make the change.”

Creating New Neural Pathways

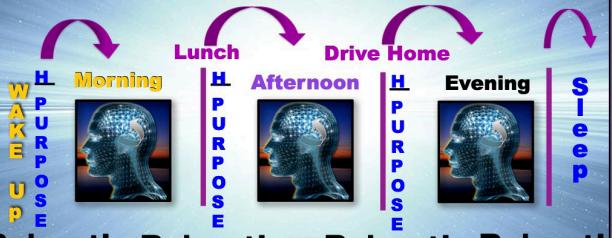
Life As A Practice Field

Where We Choose Responses In a Way That Meet The 4 Criteria

- Purposeful
- Effective
- Defines Me
- Teach



Divide the Day Into Thirds



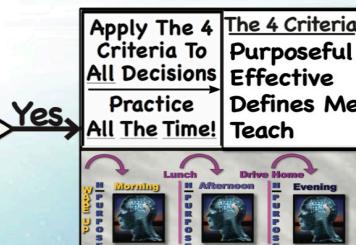
The LTM System - Part II

(How To Rewire The Brain & Live In The Top of the Mind)
✓ Every thought, emotion, & action defines who we are!



My Highest Purpose
Is Defining Who I Am In
A Way I Would Recommend
To Those I Love!

No





I hope that you have enjoyed learning this new information on accessing your clarity, confidence, and creativity by influencing how your brain processes information. I encourage you to give some thought as to how this could also improve the decision-making and productivity in your organization if everyone was coming from the “Top of the Mind.”

If you would like more information on my presentations, unique fee policy (that I call “Integrity-Based Pricing”), and/or availability, feel free to contact me at the phone number or email address below. Or, simply scan the QR code which will take you to my website.

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