

Human Innovation Redefining What's Possible

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Welcome

- Hi!
- MVP
 - Likeable?
 - Life Long Learner?
 - Open Minded?
- Growth Mindset? - Can skills/talents be developed?
- Something you are proud of doing in last 6 months?
- Regret?
- Limitless Possibilities of Technology?



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What I Want to Share

- My Survive to Thrive Framework
 - How to become the most valuable person in your organization

- My Midlife Crisis Theory
 - Why we need Self-Actualization to live a fulfilling life

- My Human Innovation Framework
 - How to make yourself proud, build confidence, and achieve Your “Impossible”



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My life in the back of the line

- Survival years
- Out of shape and unfulfilled
- Regret became my power



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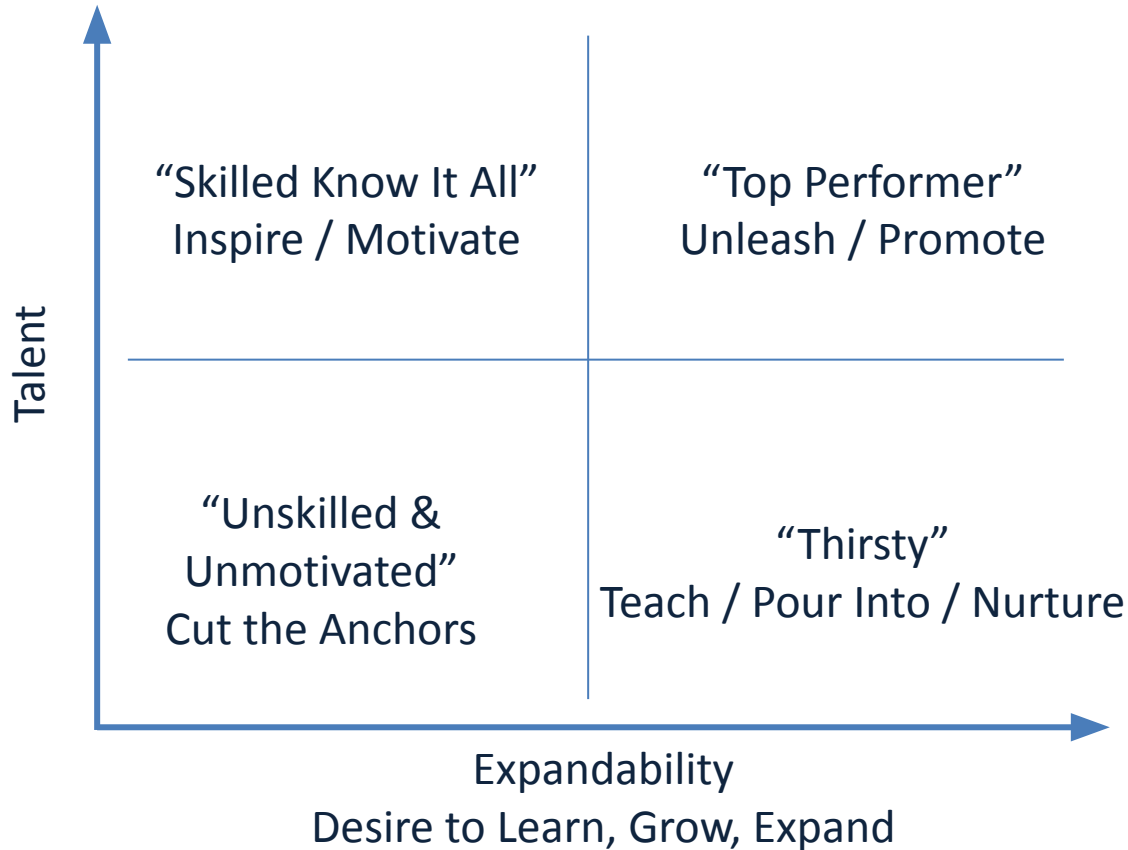
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My 'Survive to Thrive' Matrix



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Shift in Mindset

You are the

PRODUCT

and everyone that you work with is the

CUSTOMER!

What's Your Brand?



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Midlife Crisis or Self-Actualization

How do I live a fulfilling and rewarding life?



Abraham Maslow, a humanistic psychologist, described self-actualization as **the process of becoming "everything you are capable of becoming."**

What am I capable of?



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The Power of Regret

Don't fear failure, or embarrassment, or humiliation.
Fear REGRET.



- Could I have built a business?
- Could I have ran a 50 mile ultra?
- Could I have completed an IRONMAN?
- Could I have been a better dad?
- Could I have been a better friend?
- Could I have been a better partner?
- Could I have wrote the book?
- Could I have inspired others?
- Could I have been a speaker?
- Could I have been a performance coach?
- Could I have given more?

“Success without fulfillment is the ultimate failure.”
- Tony Robbins



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Achieving your “Impossible”

- Every goal requires a plan
- Every plan requires a new set of habits (non-negotiables)
- Every habit requires discipline
- Hard things become less hard as you start doing hard things

But...the truth is, you will never achieve the impossible until the pain of not having it outweighs the pain it will take to get it.

I thought I was weak physically, I learned that I was weak mentally.



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Achieving the Impossible

"Discipline equals freedom. Everyone wants freedom. We want to be physically free and mentally free. We want to be financially free and we want more free time. But where does that freedom come from? How do we get it? The answer is the opposite of freedom. The answer is discipline. You want more free time? Follow a more disciplined time-management system. You want more financial freedom? Implement long-term financial discipline in your life. Do you want to be physically free to move how you want, and to be free from many health issues caused by poor lifestyle choices? Then you have to have the discipline to eat healthy food and consistently work out. We all want freedom. Discipline is the only way to get it." - Jocko Willink



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- Friday Fire Newsletter - Insights emailed every Friday morning to light you up
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- Accountability Program
- 5 Days of Motivational Mindset



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