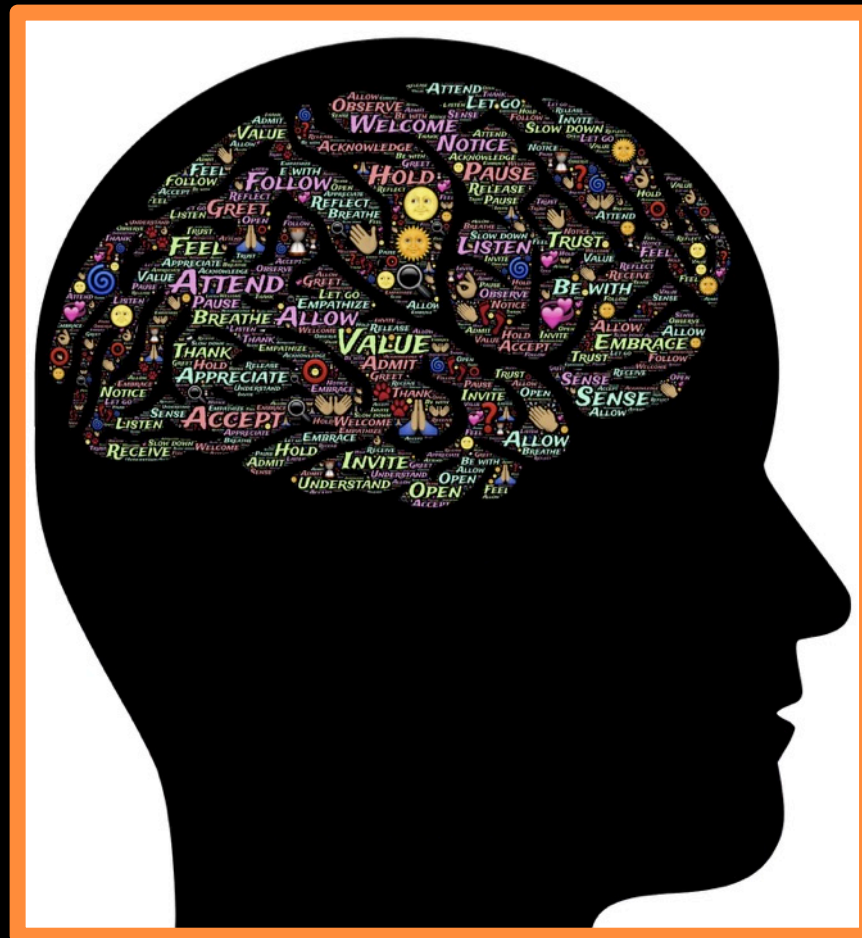


Friend or Foe?

~~~~~

## The Hidden Power of The Mind and How to Use It to Create Success



Whether you think  
you **CAN** do a thing  
or you think  
you **CANNOT** do a thing,  
you're right.

~Henry Ford



# Agenda

1. What is the mind?
2. How does the mind work?
3. How can YOU use it to your benefit?
4. Wrap-up & prize draw

**Your comments & questions are welcome!**

A black silhouette of a human head in profile, facing right. Inside the head, there is a large, orange, cloud-like thought bubble. The text "What is our mind?" is written in white, sans-serif font inside the bubble.

What  
is our  
mind?



Thoughts  
Consciousness  
Imagination  
Perception  
Judgement  
Memories



10% - Conscious

50-60% - Subconscious

30-40% Unconscious

Focus, thought, imagination

Recent memories, behaviour,  
beliefs, values, sensations

ALL memories,  
ALL past experiences



You **CAN** control

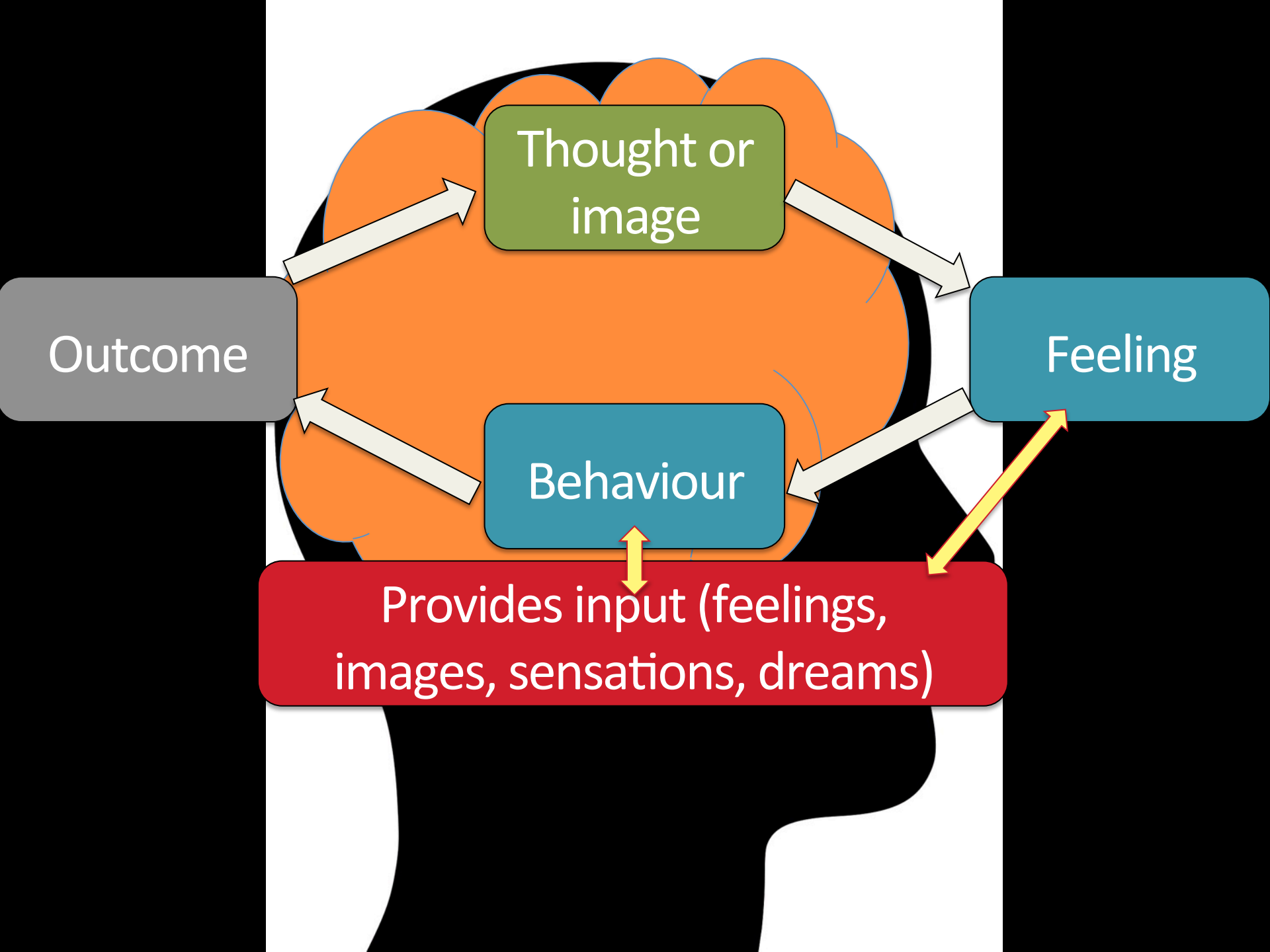
You **CAN** access by choice

You **CANNOT** willfully access

Offers thought, speech, pictures,  
writing, movement

Delivers feelings, emotions,  
beliefs, reflexes, memories

Delivers feelings, emotions,  
imagination, sensations, dreams



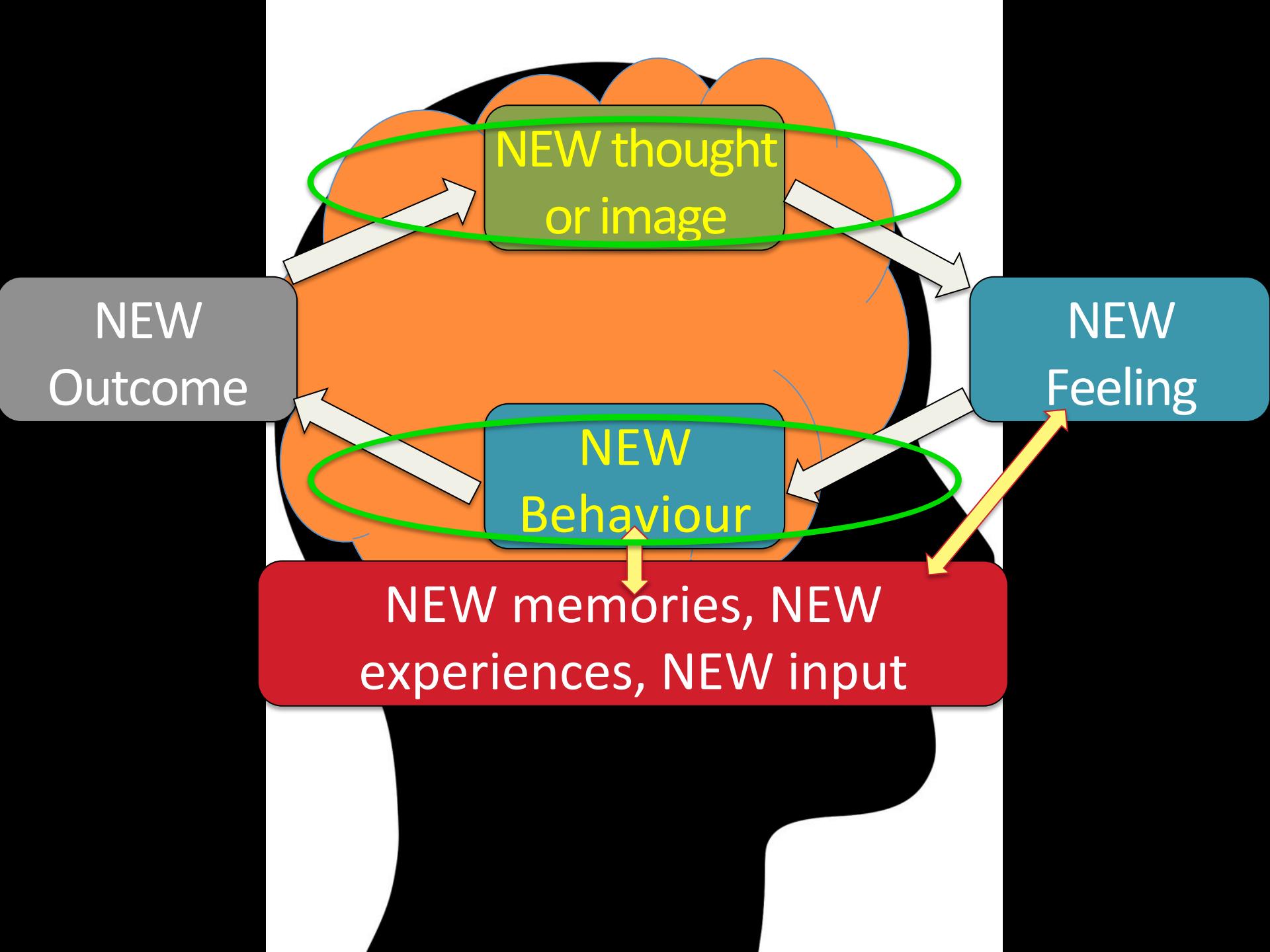
Thought or image

Outcome

Feeling

Behaviour

Provides input (feelings, images, sensations, dreams)



NEW thought  
or image

NEW  
Outcome

NEW  
Feeling

NEW  
Behaviour

NEW memories, NEW  
experiences, NEW input

**NEW thoughts & images**

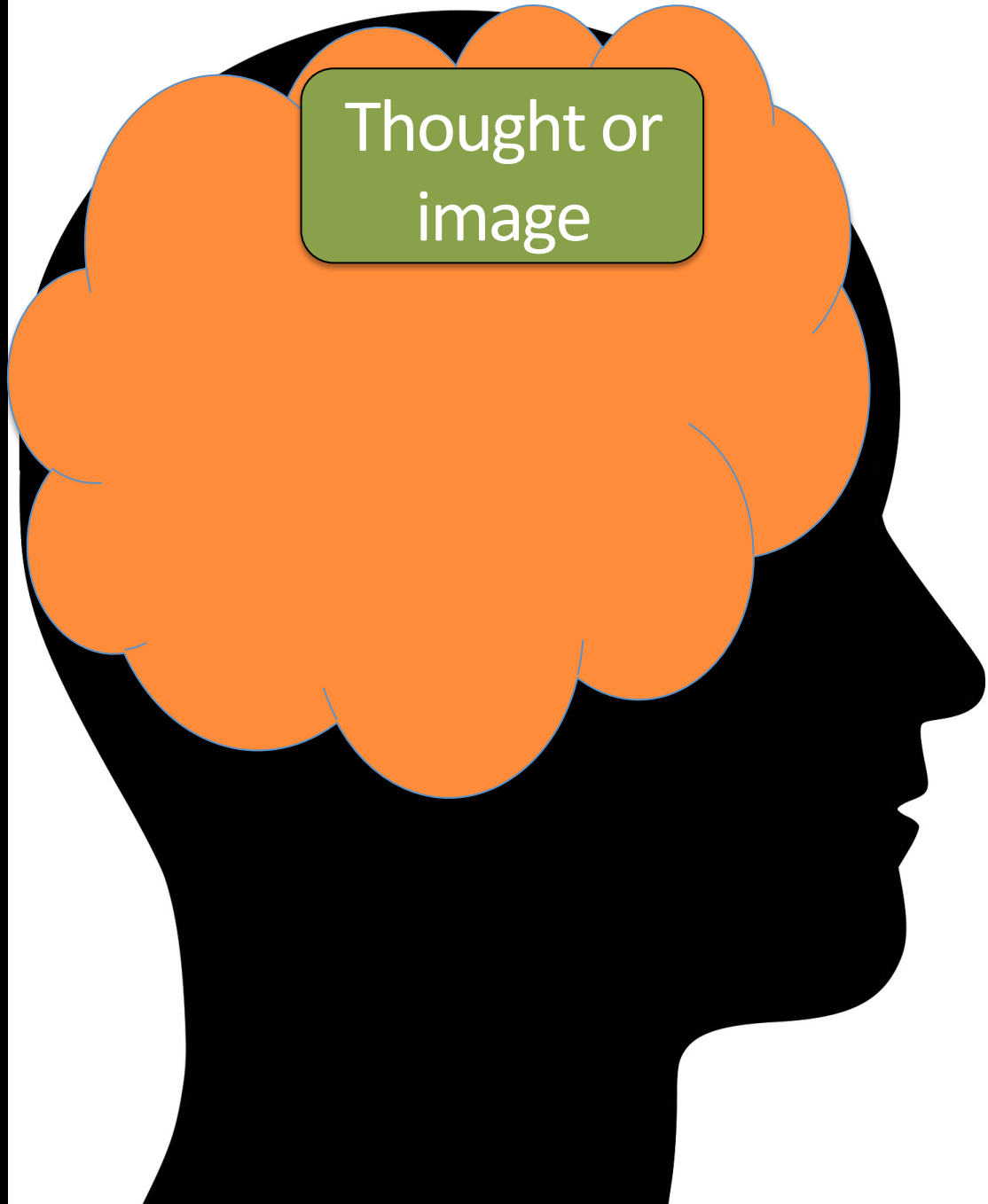
NEW  
Outcomes

NEW feelings, beliefs &  
behaviours

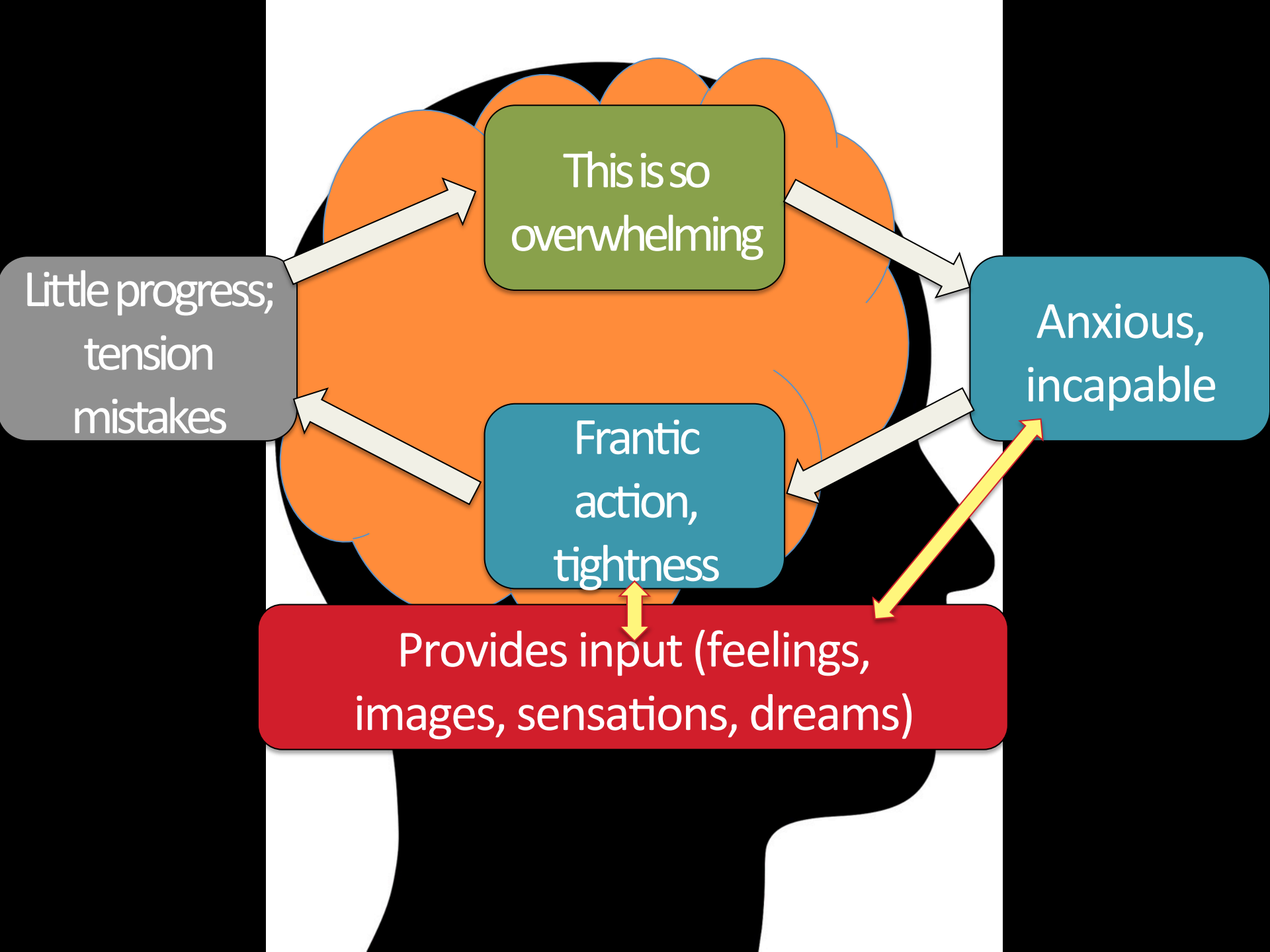
NEW memories, NEW  
experiences, NEW input

**This is so  
overwhelming!**





Thought or  
image



This is so  
overwhelming

Little progress;  
tension  
mistakes

Frantic  
action,  
tightness

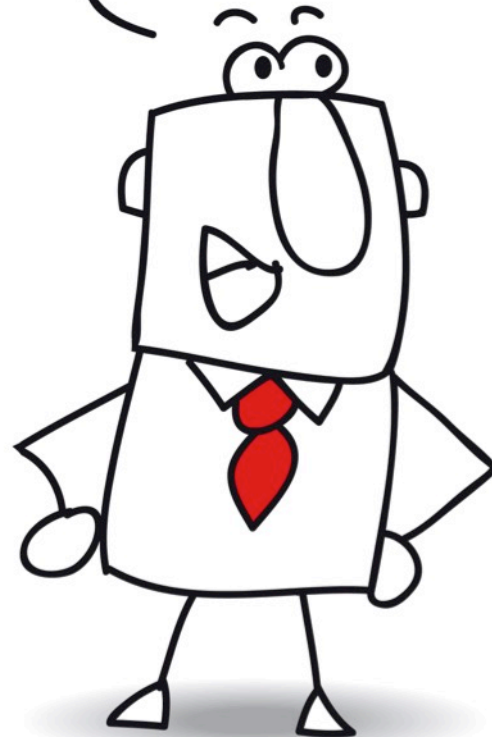
Anxious,  
incapable

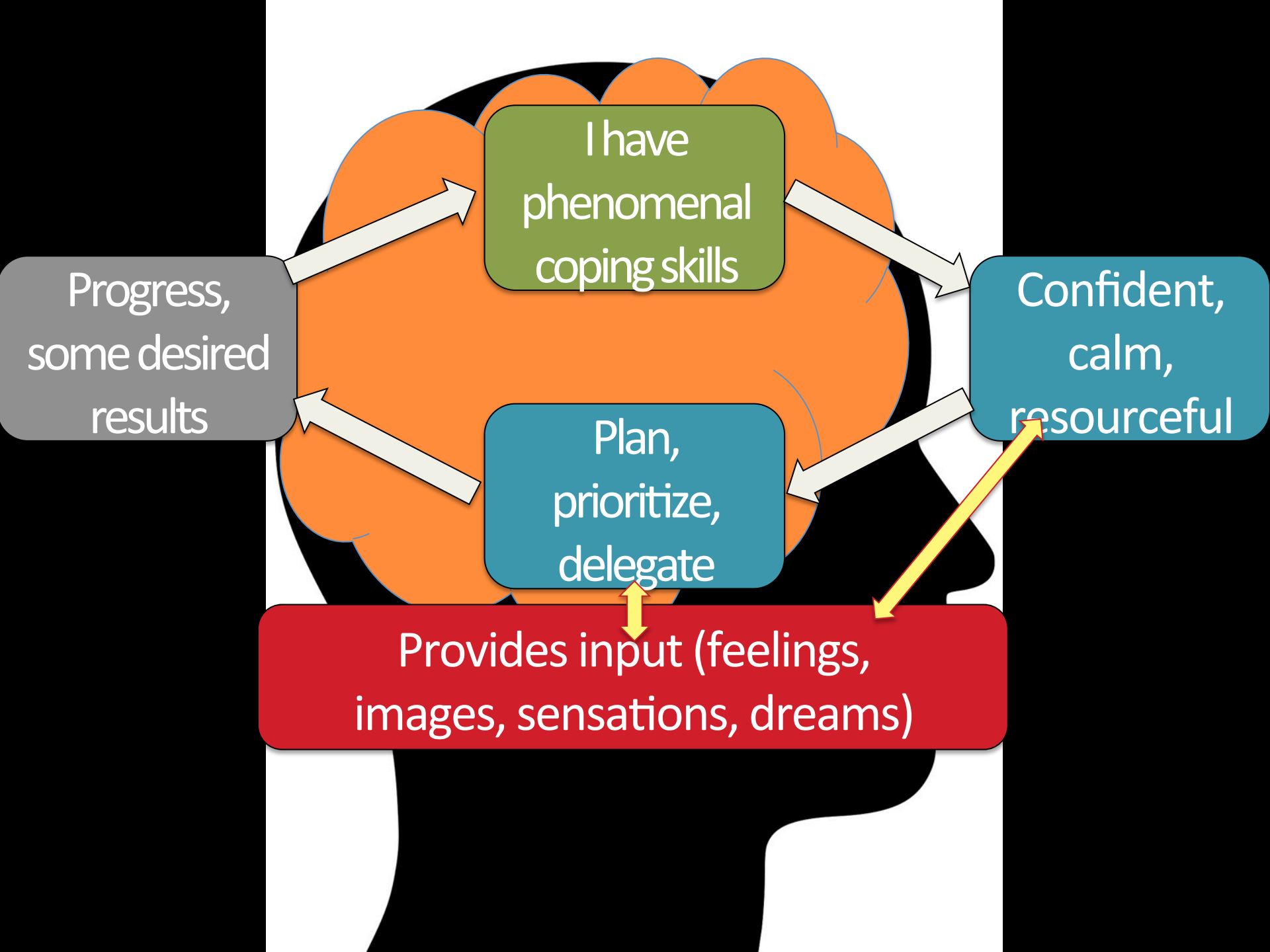
Provides input (feelings,  
images, sensations, dreams)

~~This is so  
overwhelming!~~



**I have  
phenomenal  
coping skills!**





I have phenomenal coping skills

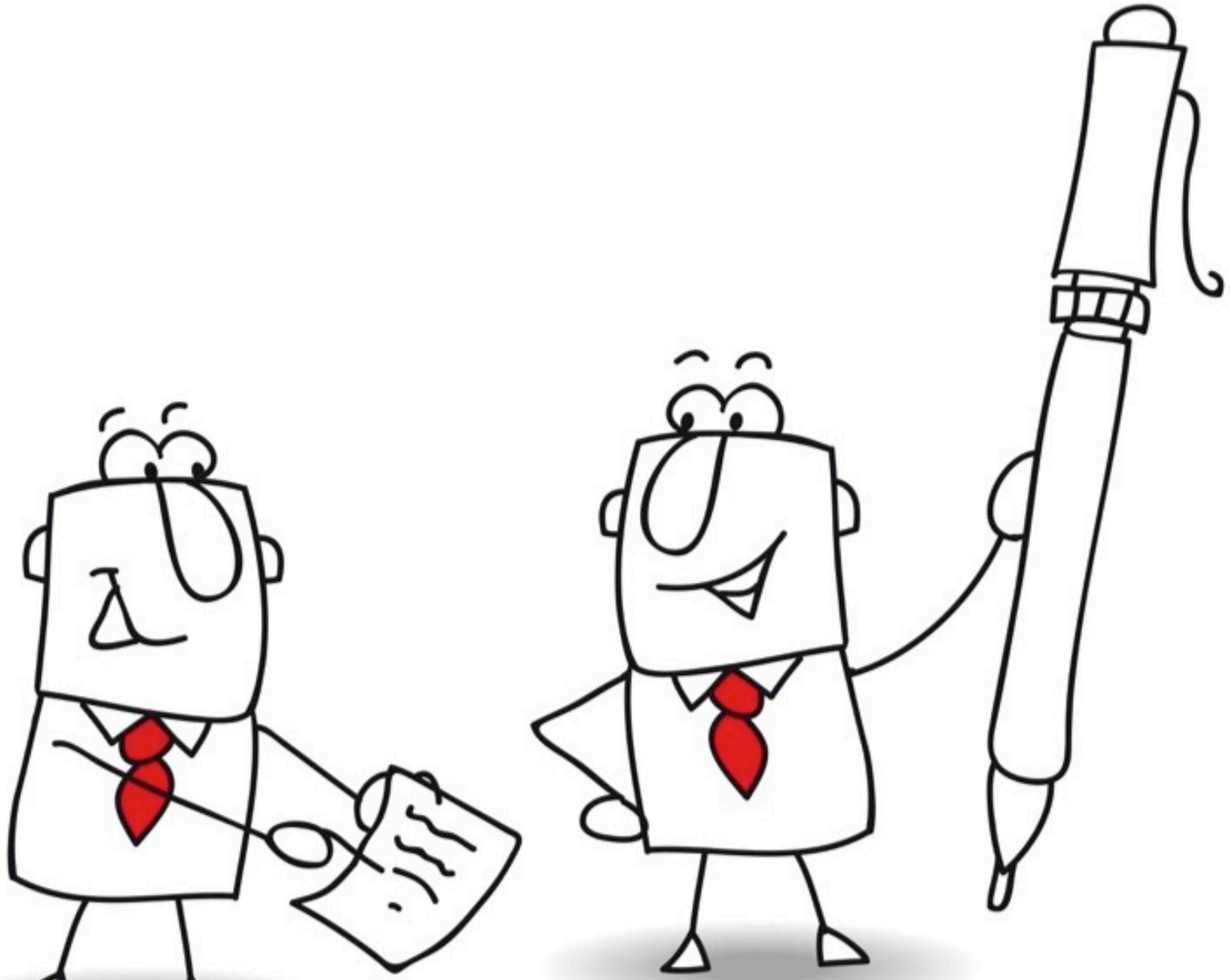
Plan, prioritize, delegate

Provides input (feelings, images, sensations, dreams)

Progress, some desired results

Confident, calm, resourceful

# It's your turn!



# It's your turn!

## Limiting thoughts/beliefs

### Examples:

I am not ... enough

This is a nightmare

Life is unfair

This is so overwhelming

## Affirming thoughts/beliefs

I am enough!

This is a challenge, and I can handle it

I can choose how I respond

I have phenomenal coping skills

# It's your turn!

## Victimhood, guilt, blame

### Examples:

I am not ... enough

This is a nightmare

Life is unfair

This is so overwhelming

## Power & Responsibility

I am enough!

This is a challenge, and I can handle it

I can choose how I respond

I have phenomenal coping skills

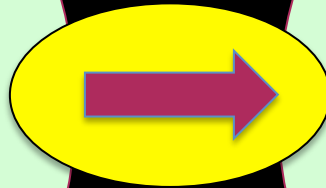
NEW thoughts & images

NEW  
Outcomes

**NEW behaviours,**  
feelings & beliefs

NEW memories &  
NEW experiences

# Stimulus



# Response



# Stimulus



Choice

# Response



# Awareness, beliefs, willpower

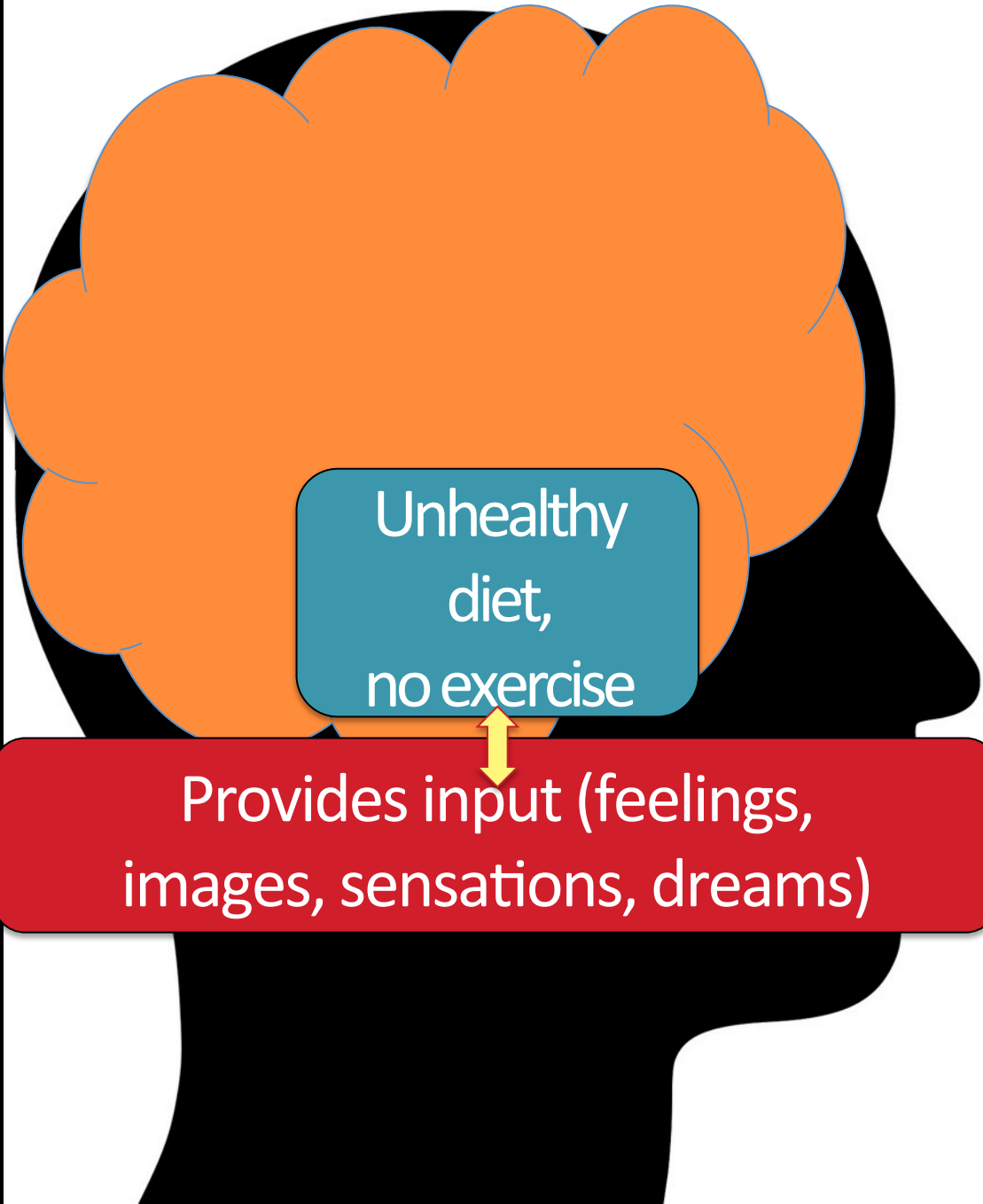
**Stimulus**



**Choice**

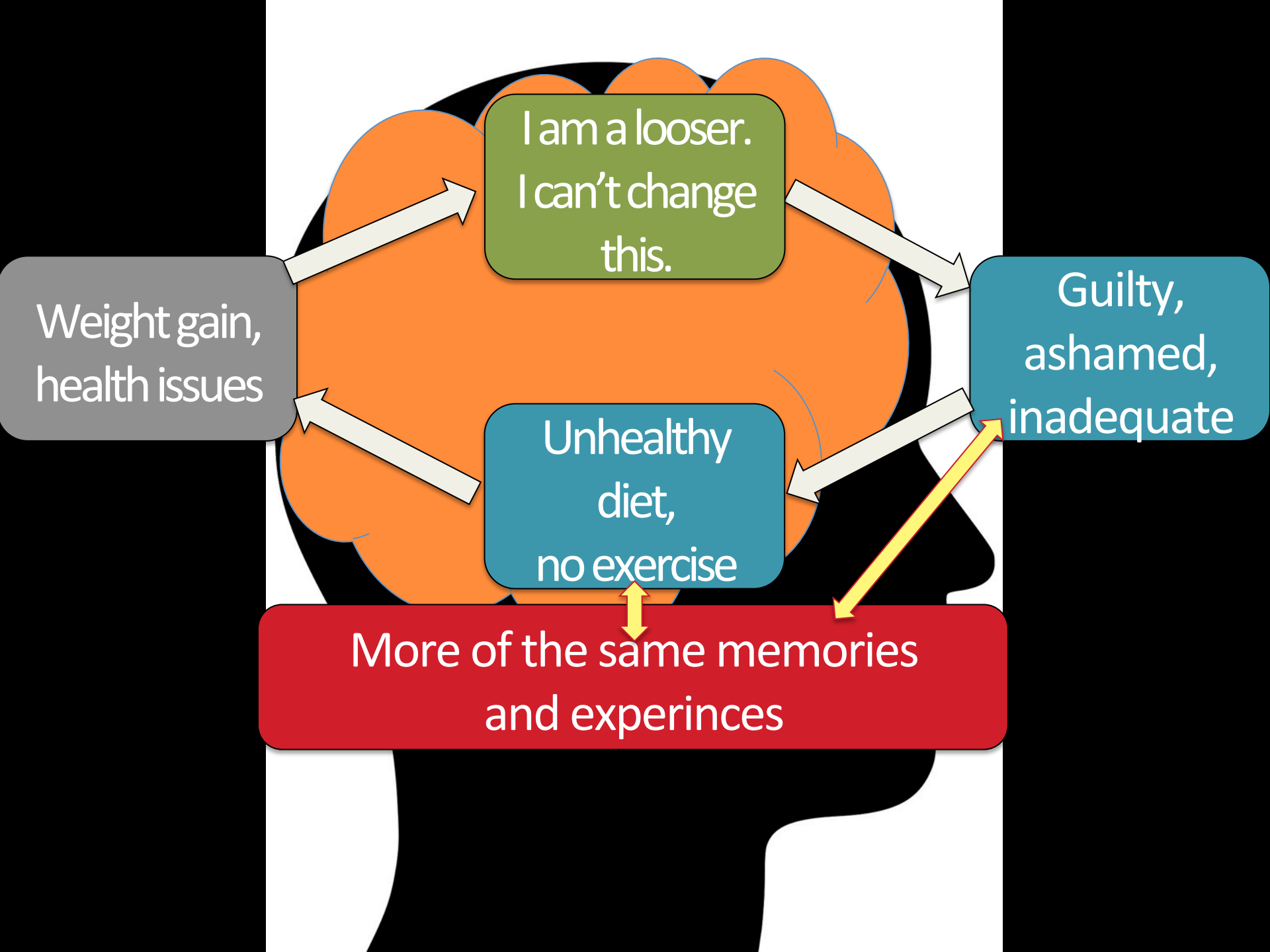
**Response**





Unhealthy  
diet,  
no exercise

Provides input (feelings,  
images, sensations, dreams)



I am a loser.  
I can't change  
this.

Guilty,  
ashamed,  
inadequate

Unhealthy  
diet,  
no exercise

More of the same memories  
and experiences

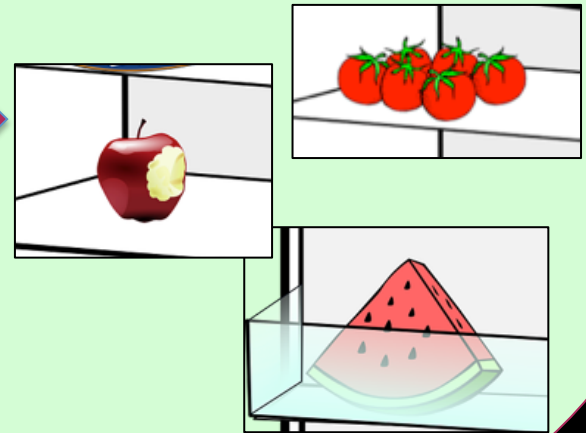
Weight gain,  
health issues

# Stimulus



Choice

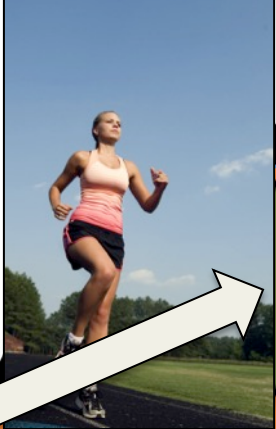
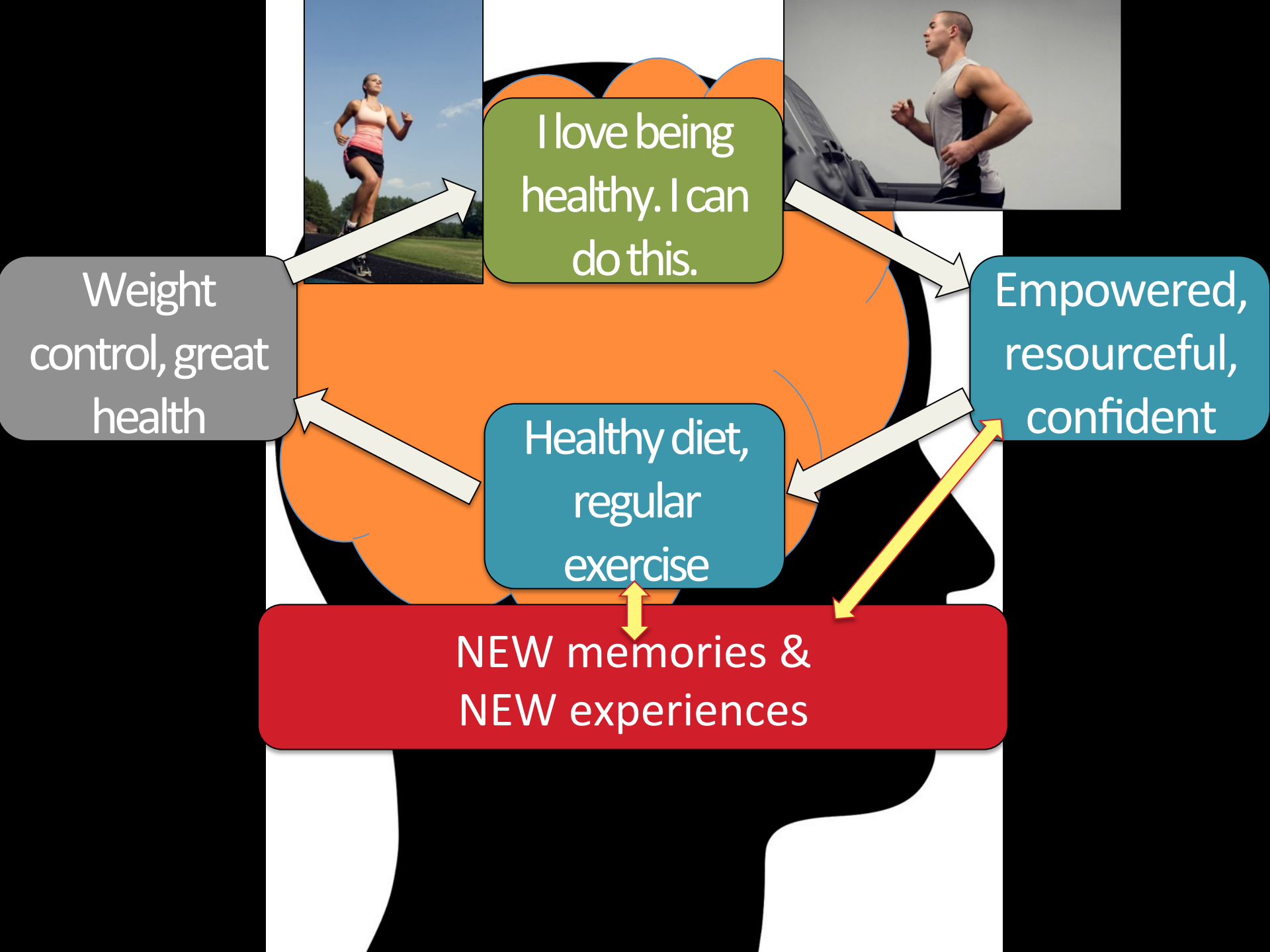
# Response





Healthy diet,  
regular  
exercise

Provides input (feelings,  
images, sensations, dreams)



I love being healthy. I can do this.

Weight control, great health

Healthy diet, regular exercise

Empowered, resourceful, confident

NEW memories & NEW experiences

# It's your turn!



# It's your turn!

## Familiar = old habit

### Examples:

I eat junk food for my snacks

I always race out of the house to get to my appointments

I exercise occasionally after work

I call myself a loser

## Unfamiliar = new habit

I eat fruit or other healthy snacks

I get up early enough to leave home with lots of time to spare

I make time to exercise three times a week

I tell myself I'm enough & I praise myself for the progress I make

Both poverty and riches  
are the offspring of thought

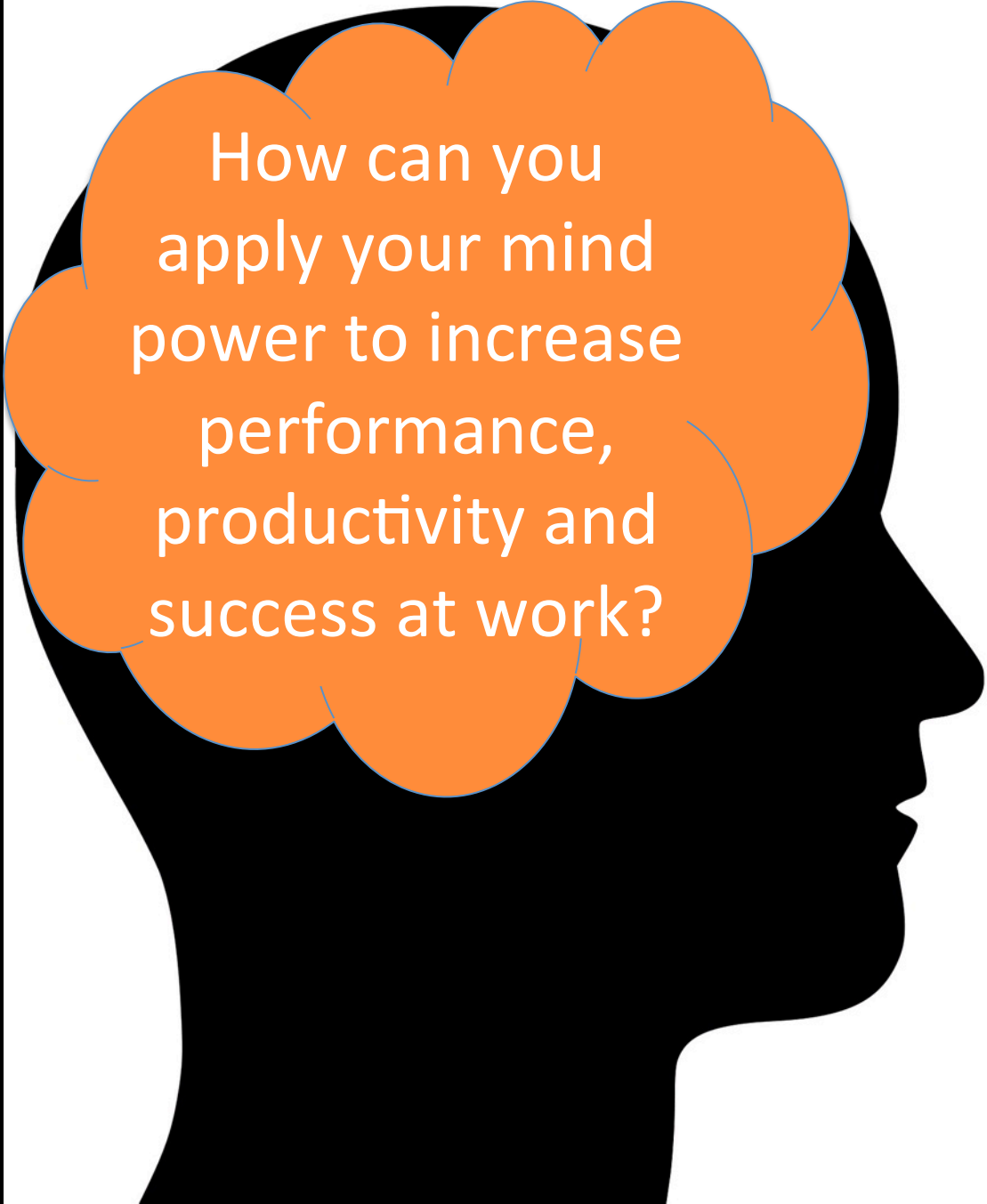
~ Napoleon Hill

Both poverty and riches  
are the offspring of thought  
...and action.

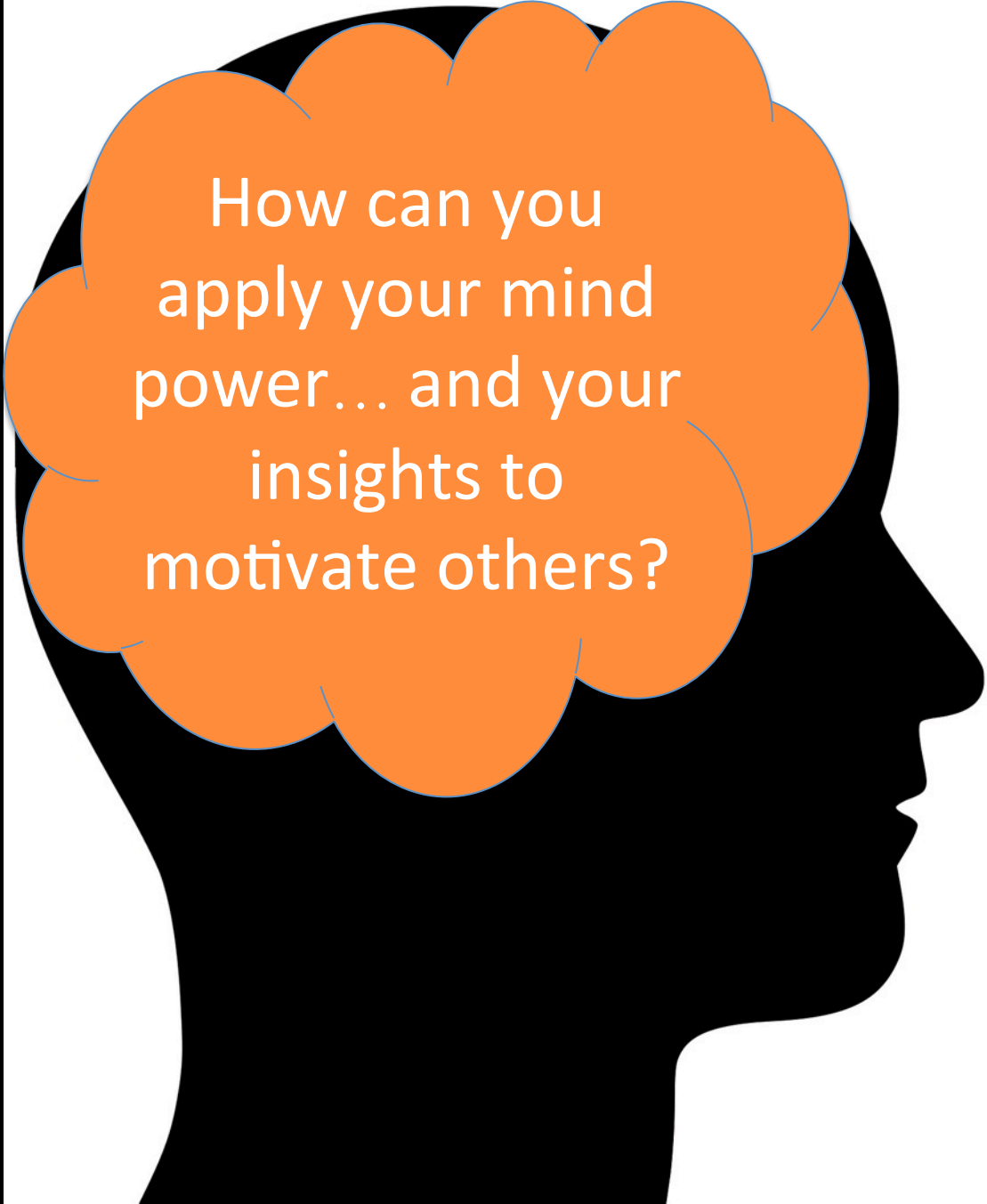
~ adapted from Napoleon Hill

Our productivity, performance and  
success are the offspring  
of our thoughts...and actions.


~ adapted from Napoleon Hill

A black silhouette of a human head in profile, facing right. Inside the head is a large, orange, cloud-like thought bubble with a white border. The text is centered within this bubble.

How can you  
apply your mind  
power to increase  
performance,  
productivity and  
success at work?

A black silhouette of a human head in profile, facing right. Inside the head is a large, orange, cloud-like thought bubble with a white border. The text is centered within this bubble.

How can you  
apply your mind  
power... and your  
insights to  
motivate others?

A black silhouette of a human head in profile, facing right. Inside the head is a large, orange, cloud-like thought bubble with a white outline. The text is centered within this bubble.

What's ONE thing  
you choose and  
commit to do?



# Complimentary *Clarity Session*



# Occasional e-News



# Lunch & Learn at your office

# You have the power to...

- 1) Choose powerful thoughts
- 2) Create habits that serve you
- 3) Be a model or teacher for others

**YOU choose  
YOUR thoughts and  
actions!**

**Choose the  
good ones!**

A black silhouette of a human head in profile, facing right. Inside the head is a large, orange, cloud-like thought bubble with a scalloped border. The text is contained within this bubble.

**Thank you!**

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[www.ClearDirections.ca](http://www.ClearDirections.ca)