“If you better understand how your mind works, you can better navigate through a world of increasingly subtle manipulations.”

–Richard Brodie
The Mind is like a field
This is why we practice Mindfulness
Thousands of Thoughts per day

- 80% negative
- 95% are repetitive
- 85% never happens

Leahy, 2005, Study of Cornell University
Viruses of the mind can program us to think and behave in ways that are destructive to our lives. Your thoughts are not always your own original ideas. You catch thoughts – you get infected. A mind virus can be spread by something as simple as communicating. Mind viruses distract you from what’s most important to you in life and cause confusion, stress and even despair. - Richard Brodie
Wired for Dissatisfaction

Negativity Bias

Rumination

Hedonic Adaptation
Mindset of the Mentally Strong

Can do attitude

Sense of humor

Zero Victim mentality

Get over it
Life is a matter of Attention

“The strain of attention is the fundamental act of will.”

-Dr. Jeffery Schwartz
UCLA School of Medicine
Distractions
“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

-Marcus Aurelius
“The wisdom of life consists in the elimination of the non-essentials.”

-Lin Yutang
TRAIN YOUR MIND
“Why is the NOW the most precious thing? Firstly, because it is the only thing. It’s all there is. The eternal present is the space within which your whole life unfolds, the one factor that remains constant. Life is now. There was never a time when your life was not now, nor will be.”

-Eckhart Tolle
BOX BREATHING
CONNECTING TO THE PRESENT
BOX BREATHING

“This one technique alone is so transformative that with consistent execution it will profoundly change your life.”

-Mark Divine
Commander, U.S Navy Seals Retired
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.”

– Viktor Frankl
Abracadabra

“What I speak is what I create”
People are 18x more likely to be flourishing in life if they learn to focus on their strengths instead of their perceived weaknesses and what’s wrong with them.

(Hone et al., 2015)
“The single most critical aspect of what makes a man capable of withstanding the constant pressure from outside forces is the mastering of his own Internal Dialogue.”

-Thom Shea, 23 years as a Navy Seal
“Welcome to success, say goodbye to failure.”

This day has been given to me fresh and clean. I can either use it or throw it away. I promise that it shall be used, not lost. I will be superior in my ability, in my thoughts, in my deeds and in my actions.”
Addressing Misbehavior

“When a child misbehaves, they need to write 100 reasons why they are too wonderful to do what they are doing.”

-Marva Collins
Future Vision Statement

“Life is not about finding yourself life is about creating yourself.”

-George B. Shaw
VISION

ENDLESS POSSIBILITIES
FINANCIAL SECURITY
TRAVEL

TRUTH

IDEAS, ENLIGHTENMENT, CONSTANT LEARNING.

FUN FRIENDSHIPS
PEACE
REAL SPACE

AUTHENTICITY

REFINED YOGA PRACTICE
CREATIVE, CURIOUS BUSINESS

GORGEOUS & ELEGANT DREAM HOME
“I hit solid with an accelerated bat head.”
Mantra used by Alex Rodriguez
“I visualize to the point that I know exactly what I want to do: dive, glide, stroke, flip, reach the wall, hit the split time to the hundredth.”

-Michael Phelps
End