### Welcome to Mind Explosion



Over this session I want to blow your mind and show you how much POWER you have inside you

# The Power To change your LIFE The Power To Change your FUTURE



Is a new training system I have developed over years of working in business management and the study of human behaviour



I worked with many adults and children as a personal councillor

I have trained tens of thousands of people around the world

I have learnt from them all and brought all this knowledge together







## Its all about the POWER of your Mind



## 7 Key Points to changing your life

- 1. Take Personal Responsibility
- 2. Taking Action
- 3. Involving Others
- 4. Defining your Goals
- 5. Planning your Priorities
- 6. Having Self Belief
- 7. Having a STRONG REASON WHY

### Mind Explosion Taking Personal Responsibility

Its not the cards it how you play your hand If it's to be, It's up to me **Eliminate Blame** Choose to be Un-Woolly Be Precise You Must take Responsibility



#### **Taking Action**

Henry Ford Said

"You can not build a reputation on what we are going to do"



goals

goals

#### **Taking Action**

dream







inspiration

inspiration

goals

goals

Training System

Stephen Mann

#### Taking Action



#### **Taking Action**





inspiration

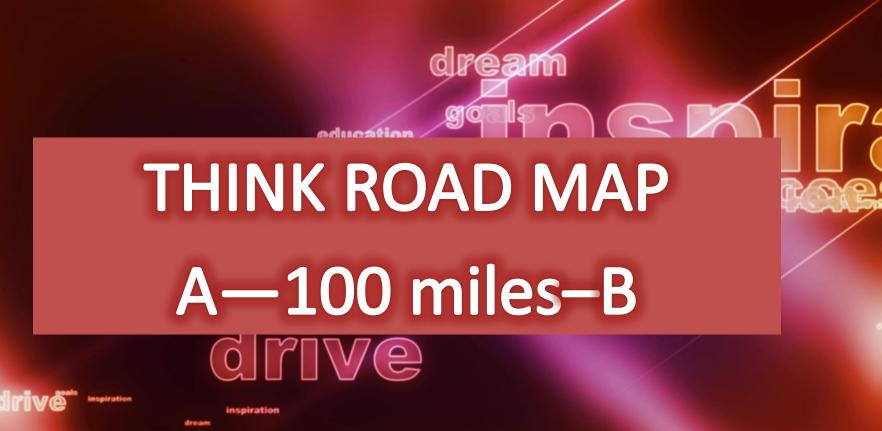
goals

goals

Training System

Stephen Mann

#### **Taking Action**





Training System

#### Involving Others

If you want to know the way ask someone that has travelled the road



#### **Involving Others**

Give to Receive
My son and his
Balloons

#### **Involving Others**

Books Video's Phone Internet



#### **Defining Your Goals**

So what is a Goal

It's a dream with a deadline

#### **Defining Your Goals**

What do you want to have? MATERIAL GOALS **ACTIVITY GOALS** DEVELOPMENT GOALS

#### **Defining Your Goals**

Whatever the mind can conceive and believe it can be achieved

#### **Defining Your Goals**

## How can you eat an Elephant

## You Can NOT Stop time So please stop trying to change the time



Each week we have?

168 Hours

10,080 minutes

604,800 seconds



How many times has someone said?

"I will have that done for you in a second"

"Give me a minute"



#### Planning and Priorities

Time Cant be Managed
Only you can manage yourself
within the time you have
available.

How will you spend you time



#### Planning and Priorities

A Stevie tip for you

Think of time as money, every
minute as 10 Euro



Is what I am about to do worth that money(time)?

Do I wish to waste this much money(time) on it?



#### Planning and Priorities

If we live until we are 75 28 weeks on the Toilet 1303 weeks sleeping Some men will spend 177 days picking there nose



How much Time have you set to one side to TAKE ACTION on your PRIORITIES



The Plan is not the Goal.

The Plans will change while the Goal remains the same



#### Having Self Belief

## To what extent do you believe you have what it takes



#### Having Self Belief

Skills, Knowledge, Confidence, Ability

You can tether an Adult elephant with the same cord that held him as a baby



#### Having Self Belief

Create your own Reality You never progress further than the thoughts of your own mind Sowing things in your own mind and reaping what you sow Change you belief and change your reality





#### Re-CAP

Taking Personal Responsibility Taking Action **Involving Others** Planning Your Priorities Defining your Goal Having Self Belief



Having a Strong Reason Why

This is the driving force, the POWER You need all 7 but this is the POWER that makes it go

Mind Explosion
Having a Strong Reason Why

## The POWER of the MIND

Having a Strong Reason Why

## Why did the dog keep crying

Having a Strong Reason Why

# The stronger the value the stronger the the stronger the the stronger the the motivation



Mind Explosion
Having a Strong Reason Why

## Greatest marketing ever SMOKING

Having a Strong Reason Why

To become a butterfly you must first want to fly so much you are willing to give up being a Caterpillar



Having a Strong Reason Why

### Make the reason WHY stronger than the reason NOT

#### Now it up to you



Today Tomorrow Next Week When I Have Time OR NOW

#### Tomorrow you bend the bars

### Mind Explosion

