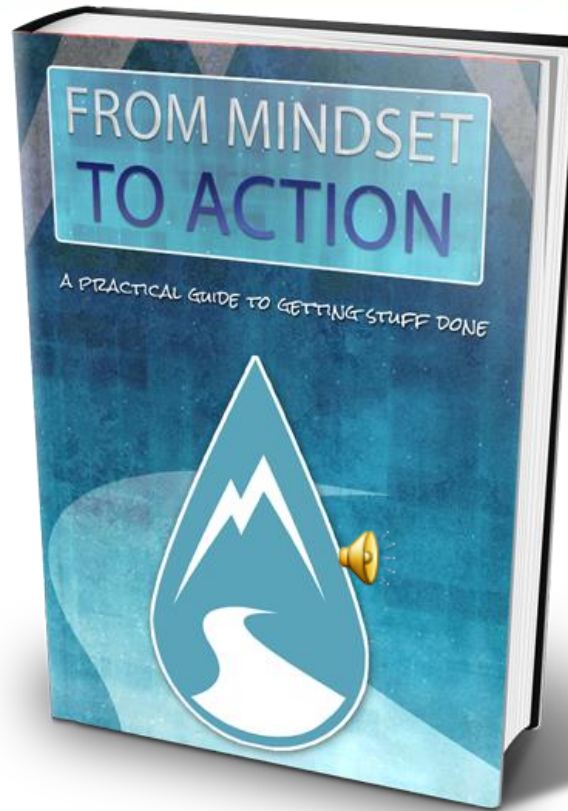


CREATE YOUR ROADMAP

BECOME UNSTOPPABLE

DO THINGS FASTER

HACK YOUR BUSINESS



Welcome To “From Mindset To Action!”

A few thoughts before we start...





Act On What You Learn Here!



CRUSHING “SOUNDS NICE SYNDROME” FOREVER!



FROM MINDSET
TO ACTION

HOW PLANNING CREATES YOUR DESTINY

HOW PLANNING CREATES YOUR DESTINY



NOBODY CAN TELL YOU WHAT SUCCESS IS UNTIL YOU'VE DEFINED IT FOR YOURSELF.



NOTHING WORTH DOING HAPPENS WITHOUT A PLAN



SMART GOALS.



CREATE A SELF ASSESSMENT!



FROM MINDSET
TO ACTION



What Is The Paradox Of Achievement?



NOBODY CAN TELL YOU WHAT
SUCCESS IS UNTIL YOU'VE
DEFINED IT FOR YOURSELF.



FROM MINDSET
TO ACTION



NOTHING WORTH DOING HAPPENS WITHOUT A PLAN

- If you've been winging it, it's time to change.
- Setting positive and attainable goals will make you more confident.
- Remember, nothing happens overnight!

FROM MINDSET
TO ACTION

SMART GOALS.



SMART GOALS.



SPECIFIC. 

MEASURABLE. 

AN ACHIEVEMENT. 

REALISTIC. 

TIMED. 

FROM MINDSET
TO ACTION

CREATE A SELF ASSESSMENT!



CREATE A SELF ASSESSMENT!




BE HONEST WITH YOURSELF.
WHAT DO YOU REALLY WANT?
WRITE IT DOWN!



CREATE A "SUCCESS
CHECKLIST" THAT YOU CAN
FOLLOW ON A DAILY BASIS.




FROM MINDSET
TO ACTION



BE HONEST WITH YOURSELF. WHAT DO YOU REALLY WANT? WRITE IT DOWN!



- Think about your assets and obstacles
-  Break long term goals into simple tasks!

FROM MINDSET
TO ACTION



CREATE A “SUCCESS CHECKLIST” THAT YOU CAN FOLLOW ON A DAILY BASIS.

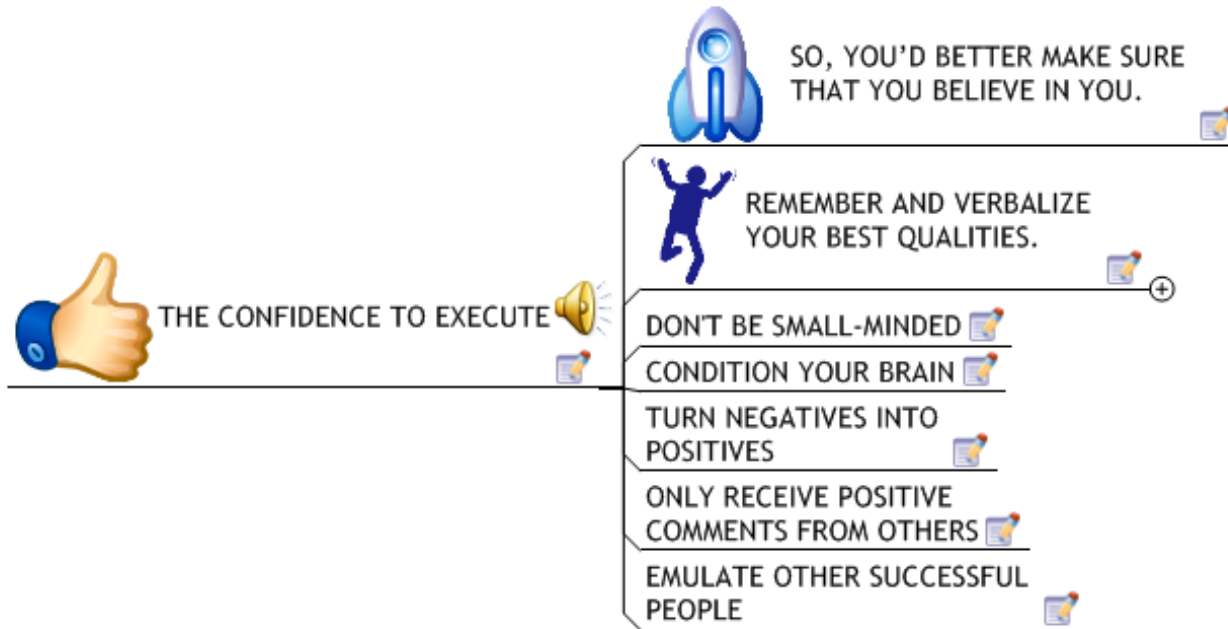


- Get the hardest things out of the way first
- 🔊 • Be accountable every day. You won't be perfect, but you'll improve.

FROM MINDSET
TO ACTION



THE CONFIDENCE TO EXECUTE



FROM MINDSET
TO ACTION



THE ODDS ARE NEVER EASY.



SO, YOU'D BETTER MAKE SURE
THAT YOU BELIEVE IN YOU.



- Stay positive and upbeat!
- Your existence is a miracle!
- The better you are, the more you'll inspire others!

FROM MINDSET
TO ACTION





REMEMBER AND VERBALIZE YOUR BEST QUALITIES.




REMEMBER AND VERBALIZE
YOUR BEST QUALITIES.



THINK ABOUT THE BEST
THINGS ABOUT YOU. 

A GOOD IDEA IS TO EXPAND
WHATEVER YOUR PETTY IDEA
MIGHT BE INTO A BIGGER,
MORE SIGNIFICANT ONE. 

NEXT, READ THE LIST ALOUD. 

AND AS SOON AS YOU SIT UP IN
THE MORNING, READ IT. 

FROM MINDSET
TO ACTION

DON'T BE SMALL-MINDED

DON'T BE SMALL-MINDED 



- You don't have time to be angry with others!
- You also shouldn't hold them to unrealistic standards.

FROM MINDSET
TO ACTION

CONDITION YOUR BRAIN

CONDITION YOUR BRAIN 📝



- Spend time thinking about the ideas and people that make you happiest.



FROM MINDSET
TO ACTION

TURN NEGATIVES INTO POSITIVES

TURN NEGATIVES INTO
POSITIVES



- Be thankful even for obstacles
- Remember that everybody can't handle them like you can!



FROM MINDSET
TO ACTION



ONLY RECEIVE POSITIVE COMMENTS FROM OTHERS

ONLY RECEIVE POSITIVE
COMMENTS FROM OTHERS 📝

- Find the best interpretations of criticisms.
- 🔊 • Look for the best in the people around you!

FROM MINDSET
TO ACTION

EMULATE OTHER SUCCESSFUL PEOPLE

EMULATE OTHER SUCCESSFUL
PEOPLE



FROM MINDSET
TO ACTION



DEVELOPING EMOTIONAL PREPAREDNESS



DEVELOPING EMOTIONAL
PREPAREDNESS



SEE, HUMAN BEINGS AREN'T
MACHINES...



UNPACK YOUR WORST
EMOTIONS



FROM MINDSET
TO ACTION

DISTANCE YOURSELF FROM PERSONAL ANGER

DISTANCE YOURSELF FROM PERSONAL ANGER



FFFFFF
FFFFFF
FFUUU
UUUUU

FROM MINDSET
TO ACTION



REVVING YOURSELF UP

REVVING YOURSELF UP 



- Once you're in a neutral state of mind, it's easier to let positive thoughts slip in.
- Supercharge those thoughts!

FROM MINDSET
TO ACTION

LET YOUR EMOTIONS HAPPEN

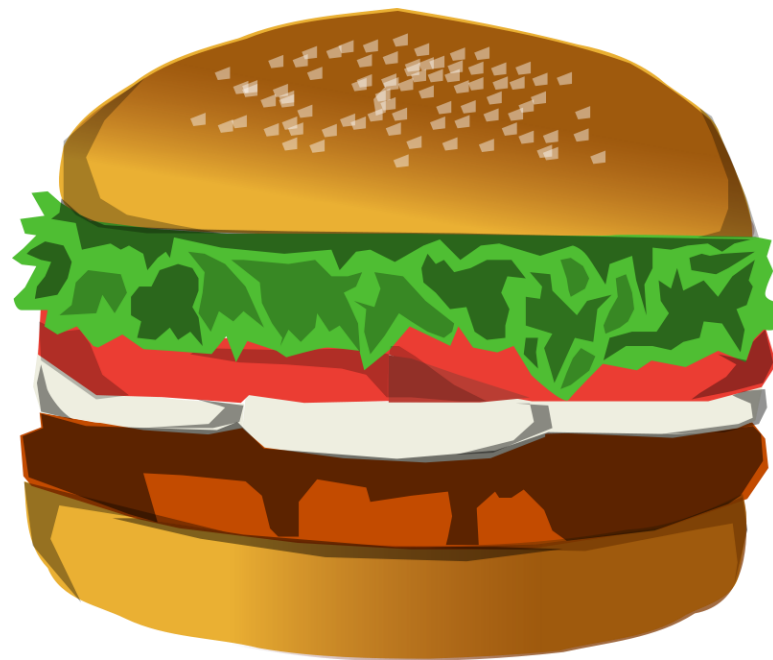
- You never need to feel guilty about your emotions.
- Feel it, forgive yourself, move on.



FROM MINDSET
TO ACTION

“FEELING LIKE IT” ALL THE TIME!

- Mood swings, joint pain, irritability can all be traced to diet
- If you work on the PC a lot, you should **ESPECIALLY** pay attention to this.



FROM MINDSET
TO ACTION

GIVE YOURSELF "THREE FIFTEENS"



GIVE YOURSELF "THREE FIFTEENS"



SPEND 15 MINUTES AT A LIGHT JOG



WHEN YOU GET INSIDE, DO 15 CRUNCHES.



FINALLY, DO 15 PUSHUPS.



FROM MINDSET
TO ACTION

LET'S TALK ABOUT DIET!



LET'S TALK ABOUT DIET!



PROTEIN 

COMPLEX CARBOHYDRATES 

FATS 

A NOTE ON COFFEE 

THINK SMALL AND REGULAR 

FROM MINDSET
TO ACTION

DO EVERYTHING FASTER!



DROP PERFECTION AND WIN!



CONTROL YOUR INBOX - OR ELSE!



INCREDIBLY FAST CONTENT FOR THE BUSY BEE



BRIGHT IDEAS FOR SPEED READING



PRODUCE GOOD QUALITY GRAPHICS QUICKLY & CHEAPLY



MAKING SOCIAL MEDIA WORK FOR YOU

DO EVERYTHING FASTER!

FROM MINDSET TO ACTION

DROP PERFECTION AND WIN!



DROP PERFECTION AND WIN!




OVERCOMING PERFECTIONISM... 

SET A TIME LIMIT! 

INCREASE YOUR PRODUCTIVITY 

THE FEAR OF FAILURE 

SUCCESS IS SO CLOSE! 

COMMON AS MUD! 

FROM MINDSET
TO ACTION

CONTROL YOUR INBOX – OR ELSE!



CONTROL YOUR INBOX - OR ELSE!



ONCE YOU'VE READ AN EMAIL, TAKE IT OUT OF YOUR INBOX.



FIVE THINGS YOU CAN DO WITH YOUR EMAIL



TURNING OFF EMAIL NOTIFICATIONS



FROM MINDSET
TO ACTION



ONCE YOU'VE READ AN EMAIL, TAKE IT OUT OF
YOUR INBOX.



ONCE YOU'VE  READ AN EMAIL,
TAKE IT OUT OF YOUR INBOX.



FROM MINDSET
TO ACTION

FIVE THINGS YOU CAN DO WITH YOUR EMAIL



FIVE THINGS YOU CAN DO WITH YOUR EMAIL



DEAL WITH IT IMMEDIATELY

DELETE IT

DELEGATE IT

DELAY THIS JOB

DO I NEED THIS JUST IN CASE? 

FROM MINDSET
TO ACTION

INCREDIBLY FAST CONTENT FOR THE BUSY BEE



INCREDIBLY FAST CONTENT FOR THE BUSY BEE

KEEP A LIST OF IDEAS 



LET YOUR IDEAS NURTURE 

EDIT, EDIT, EDIT THE IDEAS 

RESEARCH WELL 



STICK TO A FEW MAIN POINTS 

PLAN 

USE BULLET POINTS 



REVISIT 

PRACTICE 

FROM MINDSET
TO ACTION

CREATE YOUR ROADMAP

BECOME UNSTOPPABLE

DO THINGS FASTER

HACK YOUR BUSINESS

LET YOUR IDEAS NURTURE



LET YOUR IDEAS NURTURE



FROM MINDSET
TO ACTION



CREATE YOUR ROADMAP

BECOME UNSTOPPABLE

DO THINGS FASTER

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STICK TO A FEW MAIN POINTS



STICK TO A FEW MAIN POINTS



FROM MINDSET
TO ACTION



CREATE YOUR ROADMAP

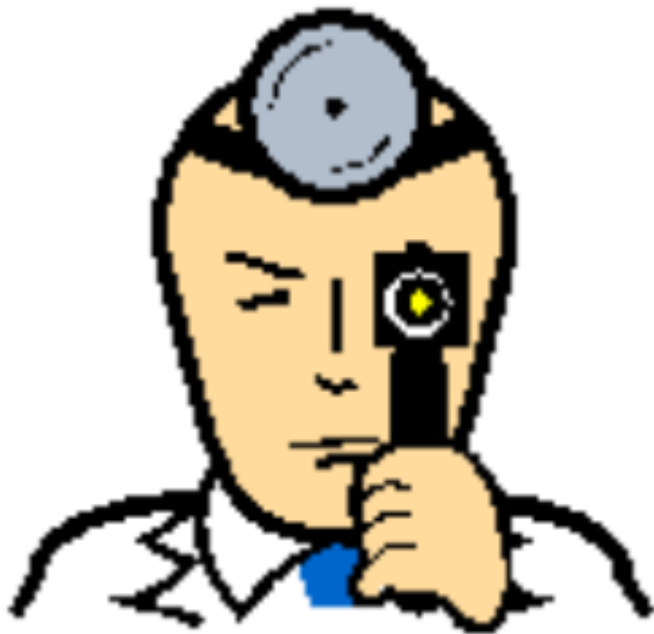
BECOME UNSTOPPABLE

DO THINGS FASTER

HACK YOUR BUSINESS



REVISIT



REVISIT



FROM MINDSET
TO ACTION

BRIGHT IDEAS FOR SPEED READING



BRIGHT IDEAS FOR SPEED READING



SUB-VOCALISATION 



READING WORD BY WORD 

EYE MOTION 


RE-READING OR REGRESSION 

CONCENTRATION 

SCAN 

NOTATE 



KEYS TO SUCCESS 

FROM MINDSET
TO ACTION

CREATE YOUR ROADMAP

BECOME UNSTOPPABLE

DO THINGS FASTER

HACK YOUR BUSINESS

READING WORD BY WORD



READING WORD BY WORD



FROM MINDSET
TO ACTION

KEYS TO SUCCESS



KEYS TO SUCCESS



- Practice!
- Use a pointer
- Track your results!

FROM MINDSET
TO ACTION

PRODUCE GOOD QUALITY GRAPHICS QUICKLY & CHEAPLY



PRODUCE GOOD QUALITY GRAPHICS QUICKLY & CHEAPLY



FREE RESOURCES



FONTS



TEXTURES



PICTURES

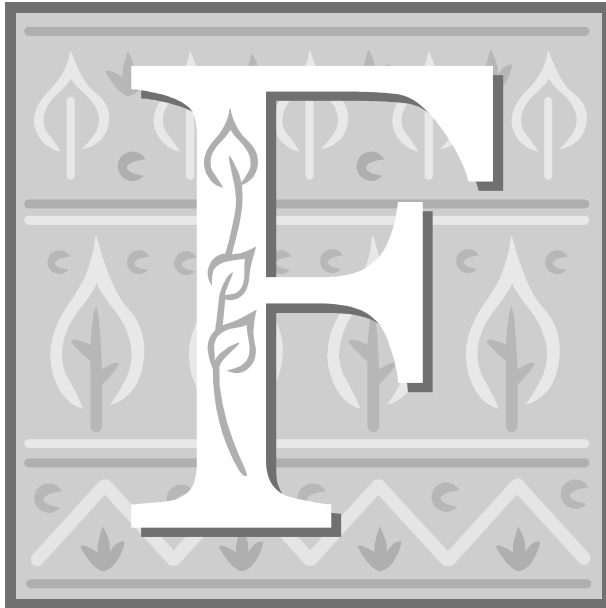


DESIGN INSPIRATION



FROM MINDSET
TO ACTION

FONTS!

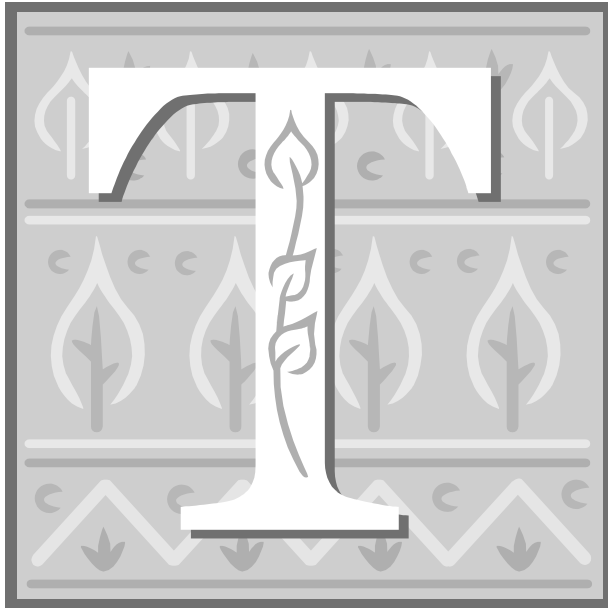



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FROM MINDSET
TO ACTION

TEXTURES!

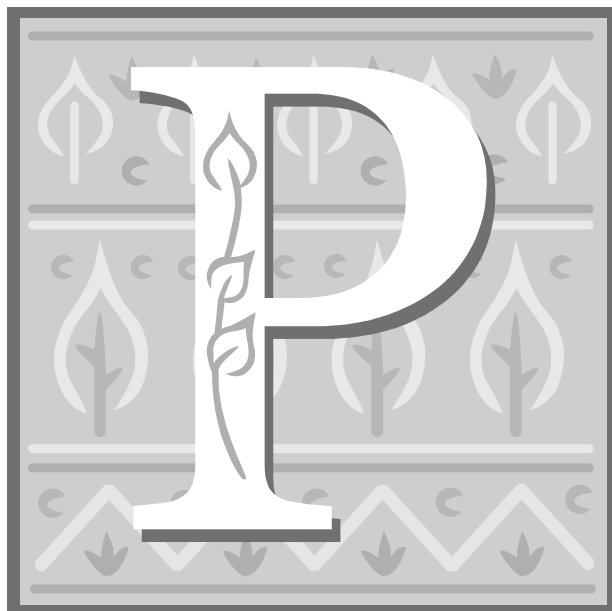


- cgtextures.com
- textureking.com
-  freestocktextures.com
- texturemate.com
- brusheezy.com

FROM MINDSET
TO ACTION



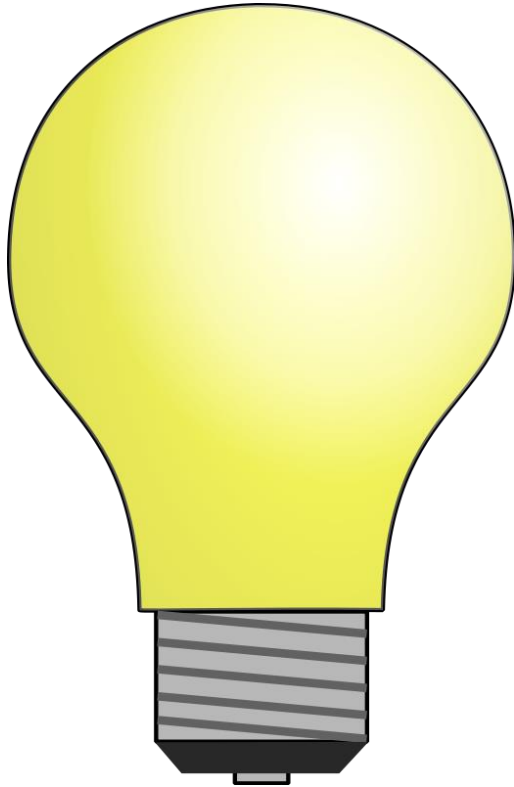
Pictures!



-  [Everystockphoto.com](https://www.everystockphoto.com)

FROM MINDSET
TO ACTION

Design Inspiration!



- <http://www.formfiftyfive.com/>
- <http://creattica.com/>

FROM MINDSET
TO ACTION

MAKING SOCIAL MEDIA WORK FOR YOU



YOUTUBE

FACEBOOK

TWITTER


RESTRICT YOUR TIME

FROM MINDSET
TO ACTION



HACK YOUR BUSINESS!

HACK YOUR BUSINESS!

-  DAY TO DAY GAMEPLANNING: THE "LITTLE PICTURE" 
-  HOW OUTSOURCING HELPS LIGHTEN THE LOAD 
-  CHALLENGE YOUR INSTINCTS WITH THESE COUNTER-INTUITIVE IDEAS 
-  CAN RUNNING AWAY MAKE YOU HAPPIER? 
-  PRODUCTIVITY OVERLOAD? WAYS YOU CAN COOL DOWN 
-  GOING "BATCHING CRAZY": A LITTLE TIP THAT MAKES YOU WORK FASTER 
-  SOME QUICK THOUGHTS ON SHUTTING DOWN INFO DISTRACTIONS 
- CONCLUSION 

FROM MINDSET
TO ACTION



DAY TO DAY GAMEPLANNING: THE “LITTLE PICTURE”



DAY TO DAY GAMEPLANNING:
THE “LITTLE PICTURE”



NOW IS THE TIME TO WORK ON
THESE SKILLS!



THE 80/20 RULE IS WORTHLESS
UNLESS YOU'RE TRACKING
EVERY IMPORTANT ASPECT OF
YOUR BUSINESS.



ACTING ON TIME MANAGEMENT



FROM MINDSET
TO ACTION



HOW OUTSOURCING HELPS LIGHTEN THE LOAD



HOW OUTSOURCING HELPS LIGHTEN THE LOAD



THERE'S A SERIOUS DIVIDEND WHEN IT COMES TO USING OTHER PEOPLE'S TIME.



YOU CAN'T BE A CONTROL FREAK ON A BIG SCALE PROJECT.



FROM MINDSET
TO ACTION



CHALLENGE YOUR INSTINCTS WITH THESE COUNTER-INTUITIVE IDEAS



CHALLENGE YOUR INSTINCTS WITH THESE COUNTER-INTUITIVE IDEAS



PLAYING VIOLENT VIDEO GAMES?



WANT THE STUFF YOU LIKE



DON'T THINK OF AN ELEPHANT!



FROM MINDSET TO ACTION



CAN RUNNING AWAY MAKE YOU HAPPIER?



CAN RUNNING AWAY MAKE YOU HAPPIER?



THINK ABOUT CREATING A "NO ZONE" IN YOUR HOUSE.



PEOPLE WILL TAKE YOU LEAVING YOUR TOYS OUTSIDE AS A SIGN OF SERIOUS COMMITMENT.



SO GO OUTSIDE!

FROM MINDSET TO ACTION

PRODUCTIVITY OVERLOAD? WAYS YOU CAN COOL DOWN



- DON'T ALLOW YOURSELF TO FEEL GUILTY
- BOTTLENECKS AND BOTTLE-OPENERS
- GIVE YOURSELF BREAKS
- RELAX YOUR EXPECTATIONS

FROM MINDSET
TO ACTION

GOING “BATCHING CRAZY”: A LITTLE TIP THAT MAKES YOU WORK FASTER



GOING “BATCHING CRAZY”: A LITTLE TIP THAT MAKES YOU WORK FASTER



EVERY TIME YOU HAVE TO REFOCUS YOUR ATTENTION, YOU LOWER YOUR ENERGY LEVELS...



THE POMODORO METHOD IS PROBABLY THE MOST POPULAR TECHNIQUE FOR BATCHING THAT TIME.



START WITH THE KILLERS, THE TASKS THAT YOU'RE REALLY DREADING HAVING TO ADDRESS.



BUT SIT DOWN AND FORCE YOURSELF TO DO IT FOR A DAY OR TWO.



BUT WHAT'S IMPORTANT IS TO TRACK YOUR WORK AND HOW YOU FEEL WHEN YOU'RE DOING IT.



FROM MINDSET
TO ACTION


SOME QUICK THOUGHTS ON SHUTTING DOWN INFO DISTRACTIONS



SOME QUICK THOUGHTS ON SHUTTING DOWN INFO DISTRACTIONS



FIND A MENTOR 

GIVE OLD IDEAS A FRESH LOOK... 

BLOCK OUT DIGITAL NOISE 

DON'T BE AFRAID TO SCREW UP 

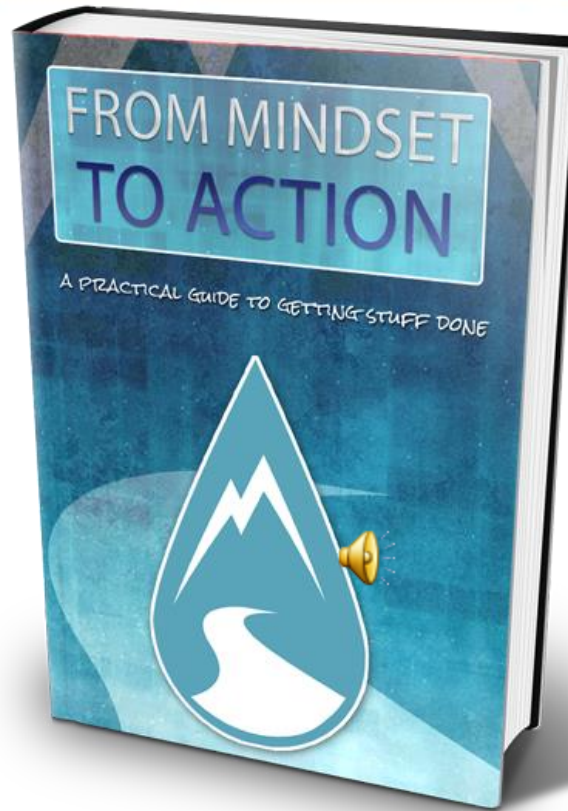
FROM MINDSET
TO ACTION

CREATE YOUR ROADMAP

BECOME UNSTOPPABLE

DO THINGS FASTER

HACK YOUR BUSINESS



Thanks for Watching “From Mindset To Action!”

A few thoughts before we depart...

