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The goal today....

- Defining these loaded words what do these words mean to you?
- Questions to define your dreams.
- Defining your obstacles to remove them.
- Group questions on our perceptions of the world.
- Questions to provoke thought.

"Design a lifestyle that gives you a sense of deep, soulpenetrating joy."

- John Beede



Why me? A fork in the road.





Definition of Mindfulness:

A moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, through a gentle, nurturing lens.

"Whatever the mind of man can conceive and believe, it can achieve."

- Napoleon Hill



What does achievement mean to you?

IS IT EXTERNAL/PHYSICAL? Choose A.

- Accomplishment/Success
- Acquirement
- Implementation
- Winning
- Helping Others

IS IT INTERNAL/EMOTIONS? Choose B.

- Realization
- Fulfillment
- Actualization
- Contentment
- Health
- Happiness



What do you want to achieve?

IS IT EXTERNAL/PHYSICAL? Choose A.

- Financial
- Career/Skill/Trade
- Fitness/Health/Diet
- Relationship/Family
- More time
- Travel/Adventure

IS IT INTERNAL/A FEELING? Choose B.

- Spiritual
- Attitude/Emotional/Feeling
- Personal Growth
- Health



Do you need help defining your dreams?







Are you asking yourself the right questions?

Do your questions...

- evoke thought?
- get you excited?
- focus on what you are truly passionate about?
- are they vague enough to create possibilities?





Are you creating space to pursue your dreams?

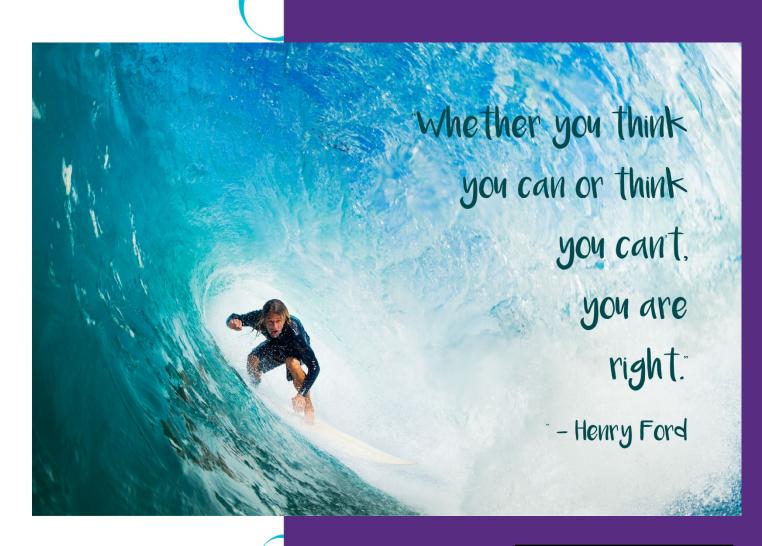
Are you...

- giving yourself permission?
- creating dedicated time for them?
- being honest with yourself?
- working on your dreams every day?



What obstacles are in the way of accomplishing your dreams?

Define your obstacles to overcome them.





What obstacles are in the way of achieving your dreams? Define them.

ARE THEY EXTERNAL?

Choose A.

- Lack of Resources
- Lack of Support System
- Lack of Time

ARE THEY INTERNAL?

Choose B.

- Limiting Belief System
- Comparison
- Addiction/Numbness
- ❖ Negative Self Talk



Do you believe you can accomplish your dreams?

Removing obstacles.....
your relationship
with self







Removing obstacles.....your relationship with self

- Your only choice is to believe!
- Be the leading character in your story
- Trust your intuition (remove emotion)
- Try to be objectively self aware
- Show yourself kindness, patience and forgiveness



Questions to Reflect:

Are there obstacles you interpret to be external that are actually internal?

What actions could you take to be the leading character in your story?







How do you perceive the world?

Definition of free will: the power of acting without the constraint of necessity or fate; the ability to act on one's own discretion. **Choose A**

Definition of destiny: the hidden power believed to control what will happen in the future; fate. **Choose B**



How do you perceive the world?

No one is coming. Choose A.

The universe will provide. Choose B.

"Suffering is the true test of life."

David Goggins

"I do not believe in miracles,

I rely on them."

- Yogi Bhajan



Removing obstacles.....

consciously choose your perception of the world.

"Everything is energy. The universe is made out of vibration...When we use the conscious mind, we are creating a universe filled with wishes and desires."

- Dr. Bruce Lipton





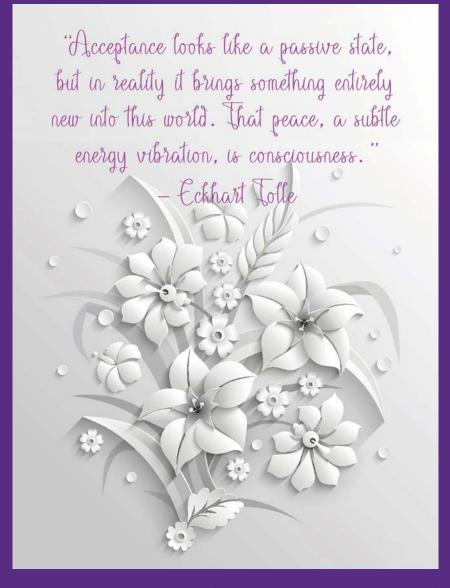
- What can you actually change?
- What personal actions can you take?
- The benefits of sacrifice, go straight through the pain.
- Give others the benefit of the doubt.



Questions to Reflect:

Can you release resentment of a permanent obstacle?

Are you willing to feel uncomfortable to confront your biggest fears?





Removing obstacles.....

Be mindful to think less and act more!

"The 5 Second Rule
The moment you
have an instinct to
act on a goal you
must 5-4-3-2-1 and
physically move or
your brain will stop
you."

— Mel Robbins





Removing obstacles..... be mindful to think less and act more!

- Write it down.
- Just start!
- * Make commitments to yourself and keep them.
- Break the habit of avoiding work.



Questions to Reflect:

Are you driving your car called "consciousness"?

What actions could you take to make more space for your goals?





Removing obstacles.....

choosing your reactions wisely.







Removing obstacles.....choose your reactions wisely.

- Show up, do your best and let it go.
- Don't take things personally.
- Set clear boundaries.
- Lifelong learning, even at the top of your game.



Removing obstacles.....

Be intentional with your communication style.





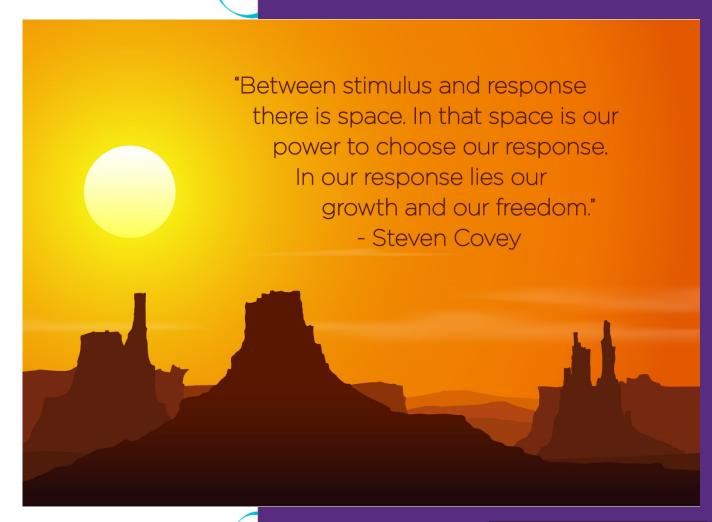


- Make sure your actions match your words.
- * Be concise and consistent.
- * Be fully present, engaged and listen.
- * Ask for what you want and be prepared for the outcome.



Question to Reflect:

Are you consciously choosing how you show up in the world?







Luck & opportunity... how do you perceive the world?

Definition of luck: success or failure apparently brought by chance rather than through one's own actions. **Choose A**

Definition of opportunity: a set of circumstances that makes it possible to do something. **Choose B**



Is there an alternative route?

Find the third door.

"Life, business, success... it's just like a nightclub...

There's the First Door: the main entrance, where 99 percent of people wait in line, hoping to get in.

The Second Door: the VIP entrance, where the billionaires and celebrities slip through.

But what no one tells you is that there is always, always... the Third Door. It's the entrance where you have to jump out of line, run down the alley, bang on the door a hundred times, crack open the window, sneak through the kitchen—there's always a way."

- Alex Banayan from The Third Door





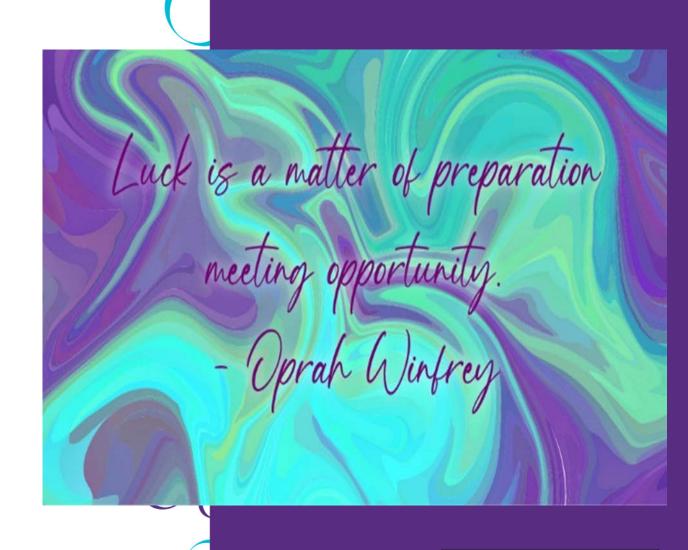
- Don't settle on society's version of the right path.
- Find allies/mentors.
- Elevate others along the way.
- "Befriend the opponent to avoid battle."
- If you want to be a peer, act like one.
- * Be open to changing your perception.



Questions to reflect:

Are you waiting for the circumstances to be perfect?

What's at stake when you're not ready to jump?





The tools – what do you need more of?

Internal (Choose A)

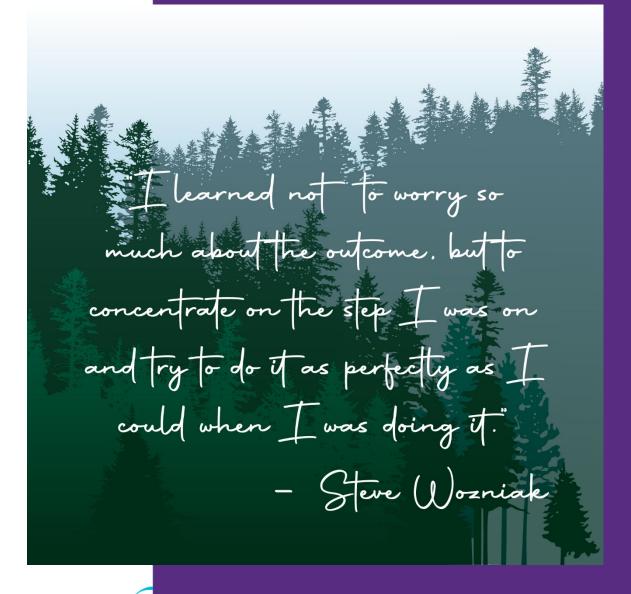
- Meditation
- Health/Diet
- Faith/Optimism
- Self Love
- Inspiration

External (Choose B)

- Exercise
- Nature/Outdoors
- Your tribe (pets, family, friends)
- Music
- Knowledge/Teachers



Most importantly, are you enjoying the ride?







- Embrace the process.
- Celebrate your successes along the way.
- Don't get lost in the obstacles.
- Focus on the outcome to create broader opportunities.
- Thrive, don't just survive.
- Have fun!



A challenge for you...

What could you do for 15 minutes a day to bring yourself closer to achieving your dreams?





The power of mindfulness to achieve your dreams...

You have the opportunity to choose every moment, every day!



