

**“DO or DO not
...there is no try”**

-Yoda-

MEN.TAL WAR.RIOR

Ability to be mentally and physically tough
in challenging situation,
fighting off
negative thoughts and influences.

MEN.TAL WAR.RIOR

**YOU WERE ACTUALLY
BORN A CHAMPION
BORN A MOTIVATED INDIVIDUAL**

A child is born enthusiastic;
eager to learn,
“failure” and “fear” did not exist.
As they grow, they grow up exposed
to –ve and unsupportive environment.

BE **MEN.**TALLY TOUGH

Declare war against –ve thoughts
and
protect yourself against –ve people

Control your thoughts & block –ve thoughts

..2 seconds

BE **MEN.**TALLY TOUGH

4 magic weapons

- ✓ Replace –ve thoughts with the word “**CHALLEEEEEENGINE**”
- ✓ Protective SHIELD against –ve people
 - Mr Ah Bad – miserable, -ve of everything
 - Mr Cold Water – dampen your enthusiasm / spirit
 - Mr Lose-lose – selfish
 - Ms Worry Virus – afraid and pull your courage
 - Mr Blow Up – take small issue and blow into big ones

BE **MEN.**TALLY TOUGH

4 magic weapons

- ✓ Control your thoughts with a **conscious sign**
“cancel-cancel go away” (say in the heart)
rub thumb on forehead and say “GONE”
+ve affirmation and self-talk

BE **MEN.TALLY** TOUGH

4 magic weapons

- ✓ Choose Right ... “words have power”
so break up –ve thoughts by using positive ones

negative

I'll try

I don't know

Problems

Ai yah !

Difficult

Ought / have to ...

positive

I'll do my best

I'll find out

Challenge

Yeah ! Wow !

Interesting

I want to...

BE **MEN.**TALLY TOUGH

I promise that...

- ✓ I will not **complain**
- ✓ I will not **blame**
- ✓ I will stop giving **excuses**
- ✓ I will stop **gossiping**

THE HUMAN BRAIN

I use **both sides** of my brain for **high performance** and **creative thinking**

Left brain – logic, analytical

- sequence
- analysis
- linear
- maths
- language
- logic
- verbal
- facts
- think in words
- words of a song

Right brain – artistic, creative

- wholistic
- intuition
- creative arts
- rhythm
- imagination
- non-verbal
- feelings
- daydream
- think in pictures
- tune of a song

THE **HU.MAN BRAIN**

Failures do everything with LEFT BRAIN ONLY
And get RESTRICTED in their thinking.

1 + 1 = 5 or more
SYNERGY

combines effort of both sides of the brain
for

ACCELERATED RESULTS
and MAXIMUM OUTPUT

THE HUMAN BRAIN

How to combine both side of your brains
Consciously

- ✓ Combine language + arts
- ✓ Use magic pens to create colors & visual
- ✓ Combine words + tune of song
- ✓ Combine linear + imagination
(step-by-step process linked with stories)

THE HUMAN BRAIN

How to combine both side of your brains Consciously

✓ Use MIND MAPPING

overview (big picture or framework) >> slowly move to specifics
advantages – integrate ideas, focus key points,
speed information intake, utilize both side of brains,
organize flow of thoughts.

STAY **Mo.TIV.ATED**

- ✓ Have specific **aim or target** - clear direction & make a commitment statement
- ✓ **Daily** spend 5-10 minutes looking at your target and IMAGINE the good feeling when you reach your goal
- ✓ Pamper yourself when you achieve a small goal and not otherwise
- ✓ Practice **mental warrior** – never allow laziness, -ve thoughts to creep into your mind, use +ve words
- ✓ Get **supportive friends and network** to share ideas and goals and refresh yourself and cheer each other.

STAY **Mo.TIV.ATED**

Want more ?
Call us at 017 – 3104 171