



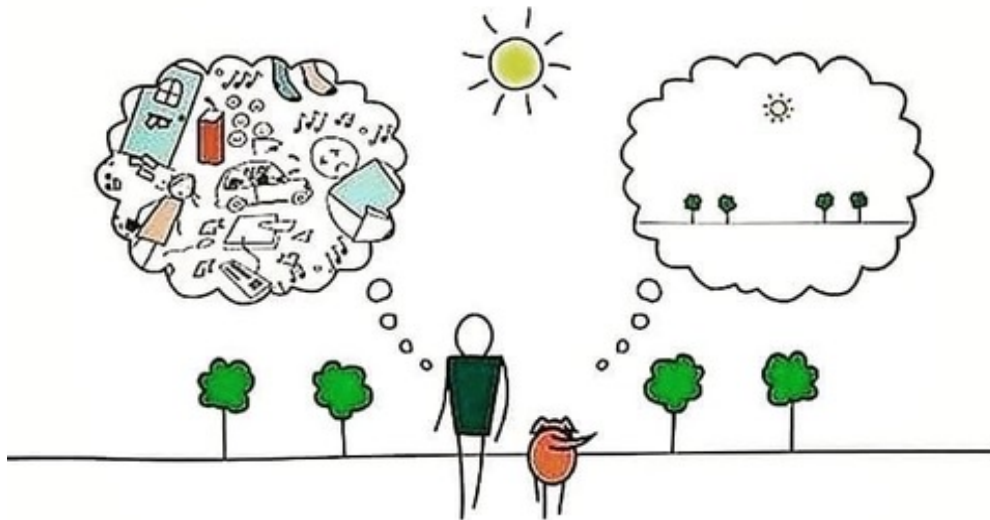
What's the mindset S%*T all about?

ATF Professional

Let's look at some numbers..

- 27,700 – the average number of days we're on this planet.
Now divide it by 3.
- Oop's, forgot, subtract the ones you've already spent!
- How many minutes, hours, days do we waste worrying about stuff we can't control.
- 64,000 – the average number of thought's we have per day.
- 11,000 times a day on average that we blink.

Mind full vs Mindful



Learn to be present
and enjoy the moment.

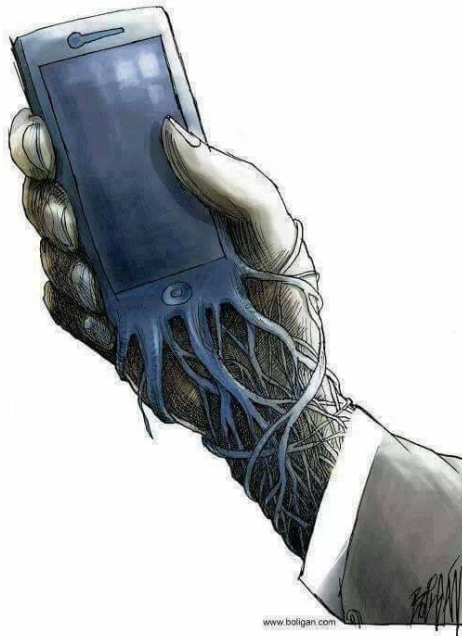
It's easy to lose sight of
how **BUSYNESS** affects
our 3 C's.

Choices.

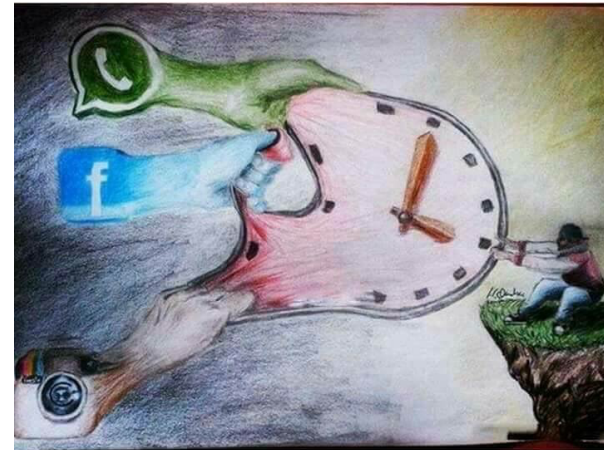
Chances.

Changes.

The science of disruption



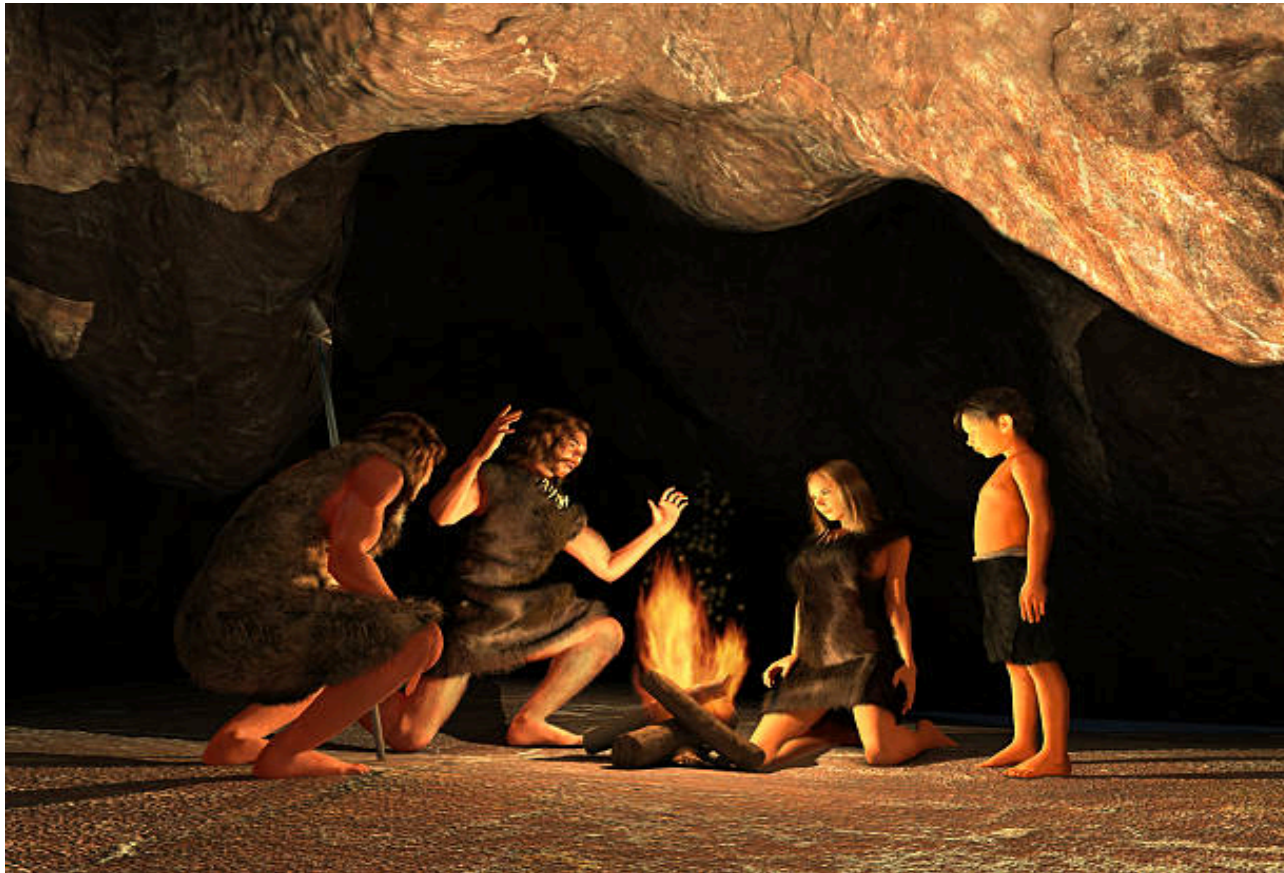
Don't let them take



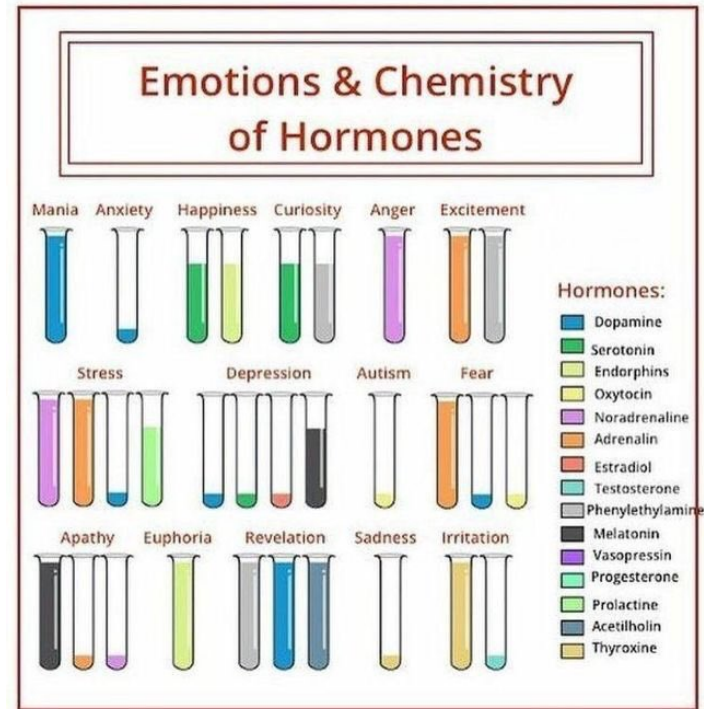
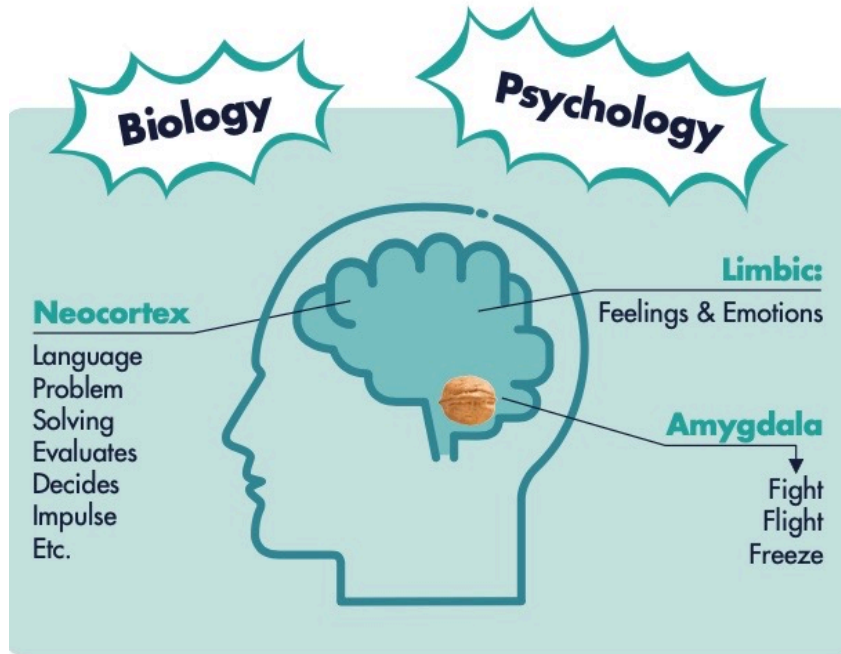
Too much of your time

Away. 😊

Understanding how our history and chemistry controls our behaviour everyday

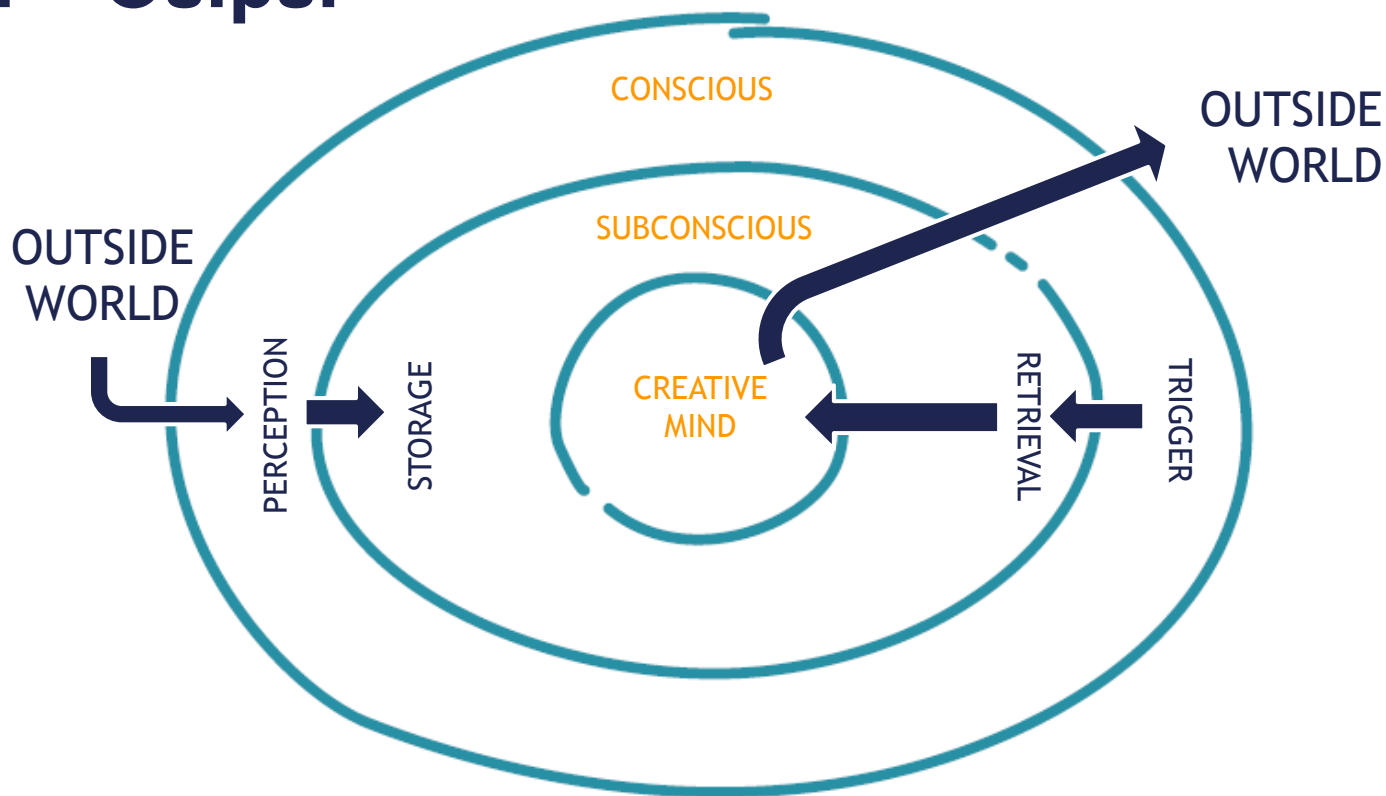


Learning to respond not react...



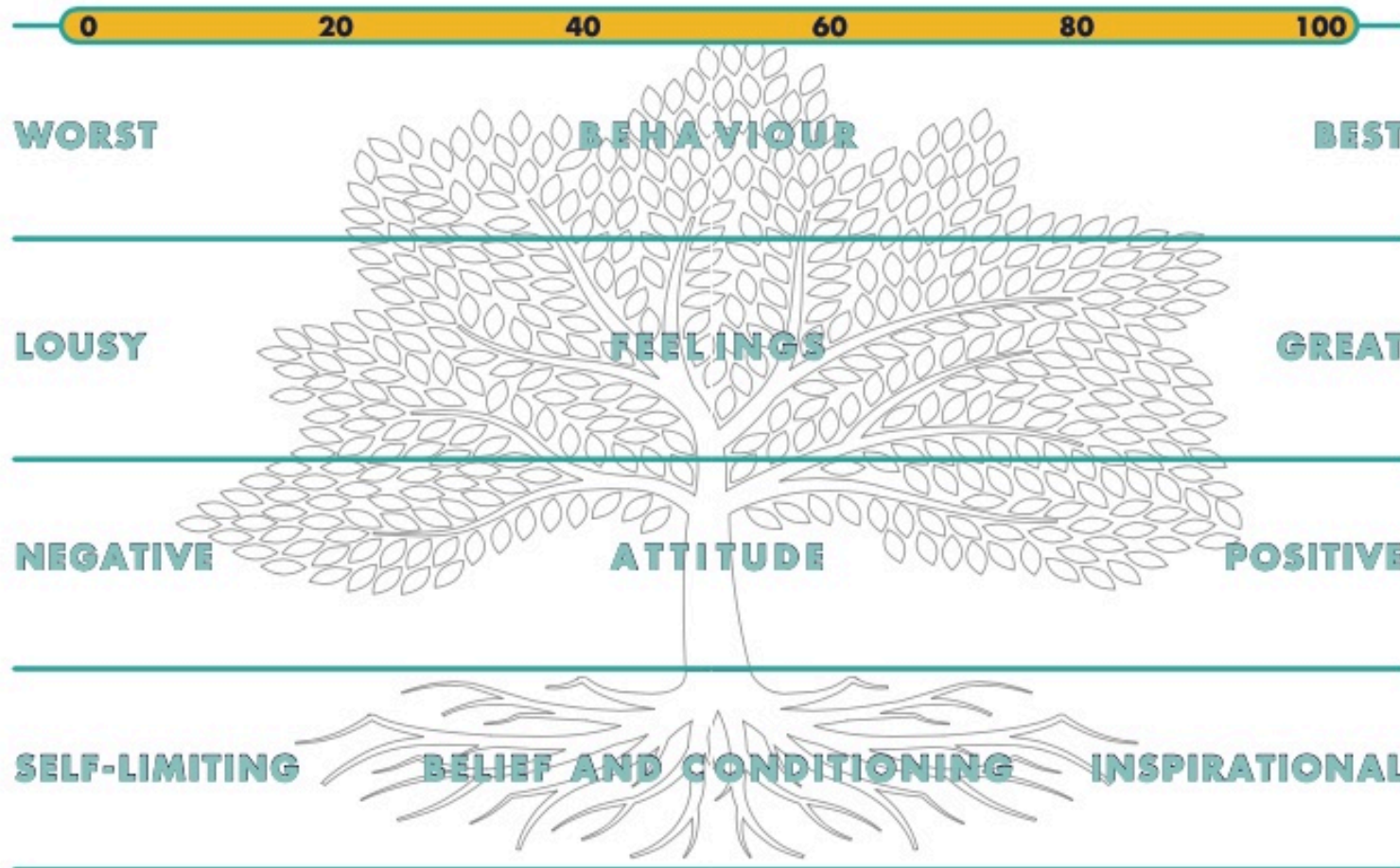
Every thought we have produces a chemical reaction!

Input = Output



THE TREE

THE TREE





Change parameters

- ✓ You want to or you have to!
- ✓ Intensity x Frequency
- ✓ 1 day -
- ✓ 21 days
- ✓ 66 days

OPPORTUNITY IS NOWHERE

OPPORTUNITY IS NOWHERE



Feeling great is a choice!

You just have to retrain your mind to believe it!

You can increase the number of better days you have!



Have a Frick'n
AWESOME day!

Thank you!