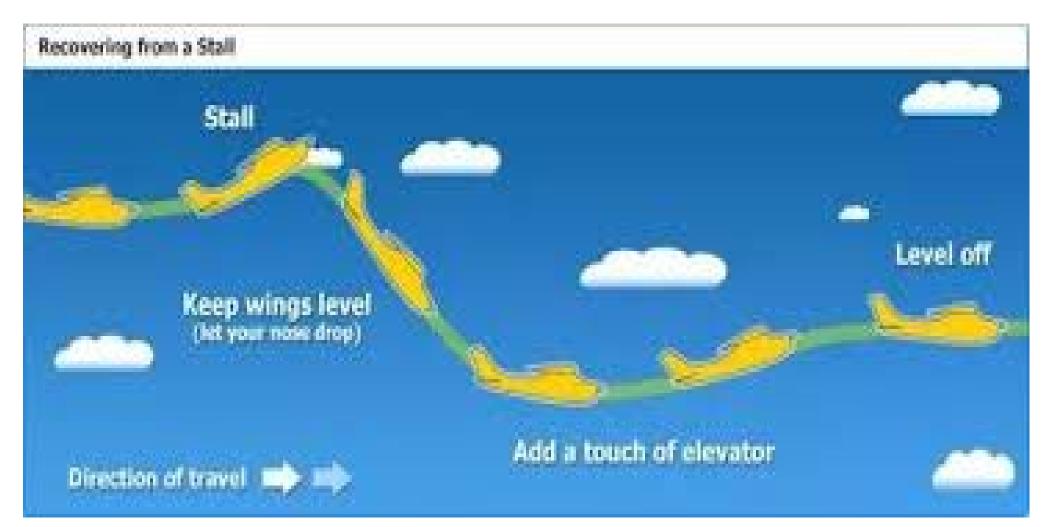
# LEANING INTO INSTABILITY

JAMES W OFFICER III

#### **SETTING THE STAGE...**



# **TIPS TO...**







BUILD FOCUS FOR ELEMENTS WITHIN YOUR CONTROL. IMPROVE YOUR ABILITY TO MAINTAIN PERSPECTIVE. RESTORING YOURSELF EVERYDAY.

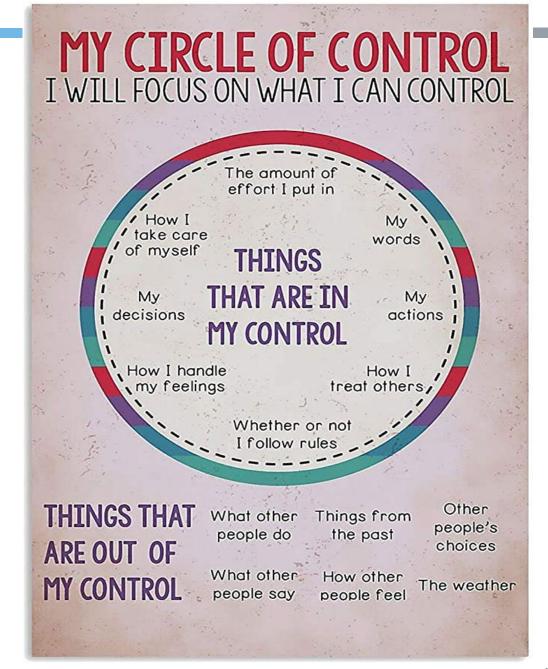
#### **DEFINITION INSTABILITY...**





#### FOCUS = IMPACT

Start a new pattern of thoughts and you will attract new experiences. Life reflects what we allow ourselves to see and be. Time spent in self-reflection is never wasted. The more reflective you are, the more effective you are at noticing and breaking undesired cycles.



### **VIRTUOUS CYCLE**

 Thoughts are things. Every element of our lives started with or expanded by thoughts •Our actions determine how we are perceived by the world around us. Since thoughts and intentions are invisible, your actions define you to the world outside of you.

•How you are treated affirms the thought you began with and the cycle continues



•Our thoughts are followed by actions. The actions that don't follow a thought are "reactions" and typically don't serve us well. •People in your life respond to their perception of your actions and treat you accordingly

# IF YOU CHANGE THE WAY YOU LOOK AT THINGS...



### THE THINGS YOU LOOK AT CHANGE.

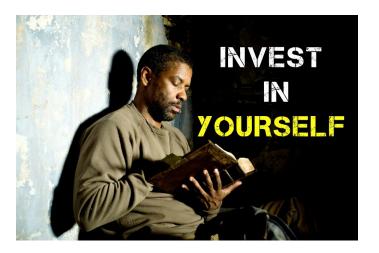


#### HALF FULL OR HALF EMPTY?



### WIN THE MORNING...WIN THE DAY







# **CHECK IN ALL DAY**









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