

# LEANING INTO INSTABILITY

JAMES W OFFICER III



## SETTING THE STAGE...



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## TIPS TO...



BUILD FOCUS FOR ELEMENTS  
WITHIN YOUR CONTROL.



IMPROVE YOUR ABILITY TO  
MAINTAIN PERSPECTIVE.



RESTORING YOURSELF  
EVERYDAY.

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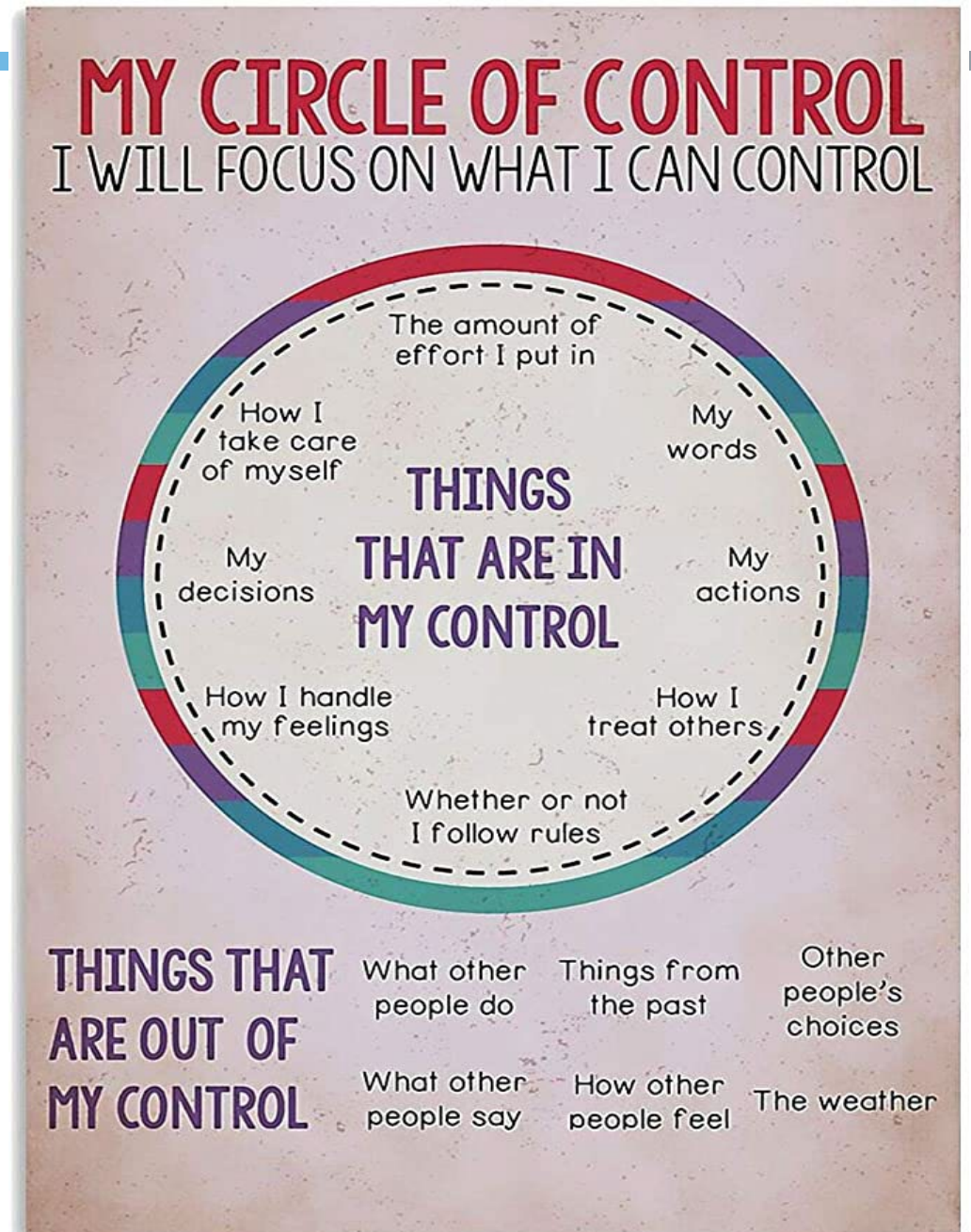
## DEFINITION INSTABILITY...



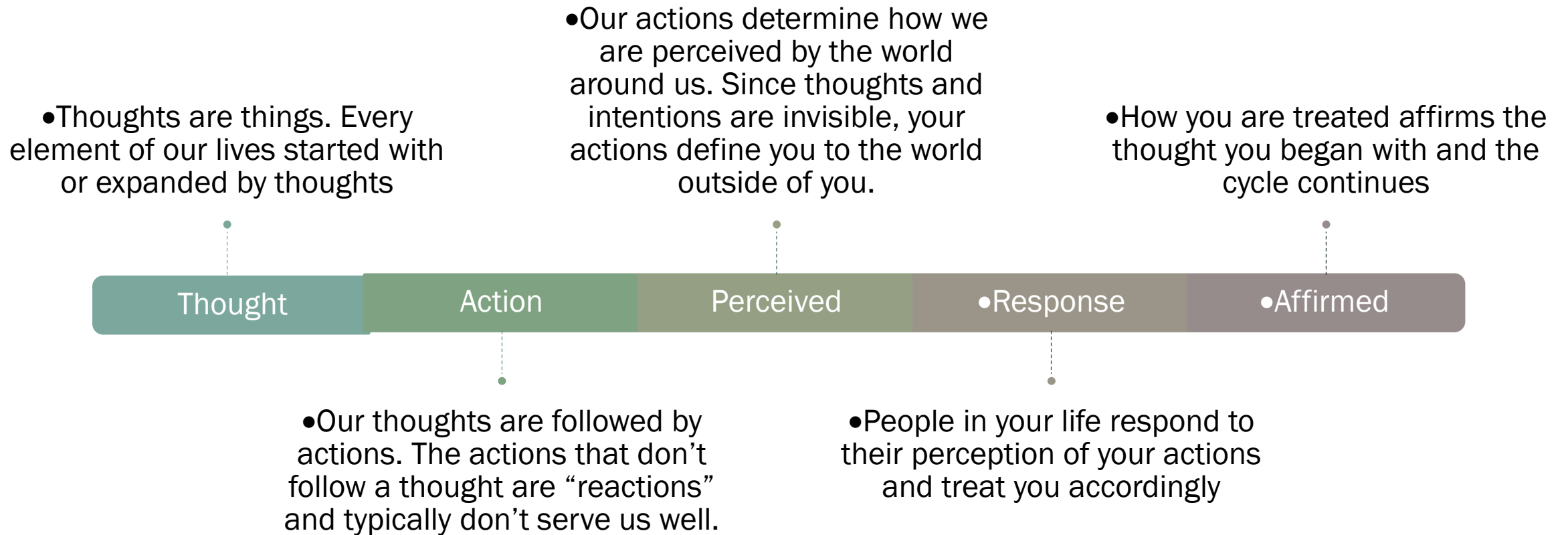


## FOCUS = IMPACT

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



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





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**THE THINGS YOU LOOK AT CHANGE.**



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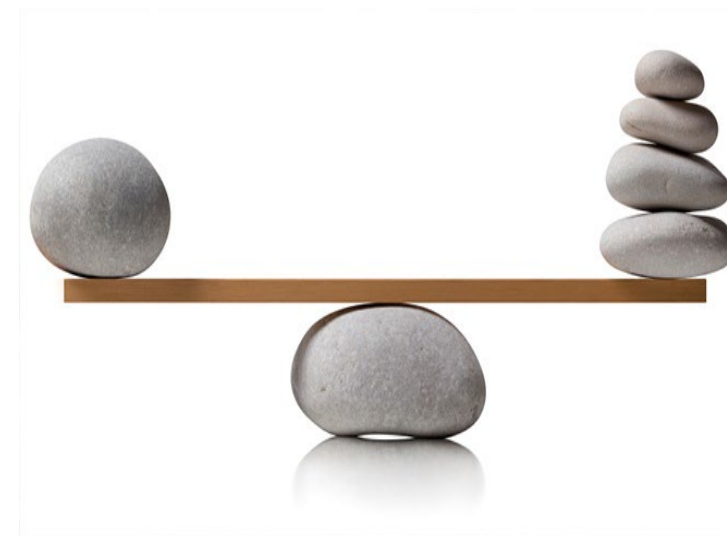
## HALF FULL OR HALF EMPTY?



# WIN THE MORNING...WIN THE DAY



# CHECK IN ALL DAY



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**THANK YOU!**

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